

# 12 Easy Brain Breaks

Brain breaks provide a physical, emotional, or cognitive shift for learners allowing them to reset so they can continue with focused instruction.

## Gratitude

Have students share one thing for which they are thankful.

## Doodle

Play music for 1-2 minutes and give students an opportunity to doodle on a sheet of paper.

## Emotion

Give students an emotion and 15 seconds of think time. Then, have them finish the sentence that goes with an emotion. Ex: I am (happy, nervous, sad, excited, etc.) when ....

## Wave

Start the wave and have it ripple through the class. (This will need to be taught ahead of time so they know what to expect when you start it.)

## Class Promise or Mantra

Create together at another time and add actions. Say (and perform) the mantra as a brain break during the day.

## Jokes

Provide an chance for students to laugh! They can share jokes of their own or you may choose to read from a joke book.

## Stretching/Short Exercise

Reach for the ceiling, touch your toes, twist side to side, jumping jacks, march in place, high knees, toe raises, squats, jump, etc

## Sign Language

Teach your students the alphabet in sign language and have them stand and sign the ABC's as a cognitive and kinesthetic shift.

## Mirror

Have students mirror the body actions or facial expressions of the leader.

## Music

Play or sing a short song.

## Dance

Have a 30 second dance break where students stand and get their wiggles out.

## Breathing Exercises

Deep breath, hold for five seconds, release.