

BRAIN BREAKS



What are brain breaks?

Brain breaks are short pauses taken throughout a student's study time. They provide a mental break from focusing, which allows for processing time, helping the student to solidify their learning. These breaks range from 3 to 5 minutes.

Why use brain breaks?

This short time is beneficial to students by providing a period to relax from stress or frustration, as well as time to energize, stimulating blood, and oxygen to move to the brain. The overall benefits to students are increased attention and productivity!

When to use brain breaks?

The most effective time to take a brain break for elementary students is after 15-20 minutes of concentrated study. Middle school students can typically use a break around 30 minutes of focusing. These are great to use for breaks during homeschooling, e-learning, homework time, or classroom lessons.

How to use brain breaks?

Our brain breaks are color-coded so they are easy to use. The yellow cards include mental and mindfulness activities, while the red cards provide physical activities. Print, cut, and you are ready to go! These cards fit perfectly in a notecard box for storage. Randomly select a card from the stack or intentionally choose an activity for your students. These are intended for personal or individual classroom use only. Please see our terms of use on our website at www.llx2.com for more information.

Want more Brain Breaks?! We have seasonal add-on packs available to purchase!

BRAIN BREAKS



Pick up a book and read a few pages like (or say your ABC's):

You are the president
You are a famous singer
You are a cartoon character

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Around your house! 5, 4, 3, 2, 1:
5-skip around the room 5 times,
4-touch 4 chairs,
3-turn on and off 3 lights,
2-run up & down your stairs 2 times,
(if you don't have stairs run in place for 20 seconds) and
1-hop on 1 foot to get a drink of water!

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Describe this image using all of your senses-smell, touch, taste, hear, feel.

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On your feet! 5, 4, 3, 2, 1:
5-do 5 push-ups,
4-do 4 sit-ups,
3-jump up 3 times,
2-2 arm circles as big as you can
1--do one forward roll!

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Say your ABC's as quickly as you can! Can you say them backward? Can you say every other letter of the alphabet?

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In Your Seat! 5, 4, 3, 2, 1:
5--stomp your feet 5 times,
4-clap your hands above your head 4 times,
3-snap 3 times
2-say "It's a great day" 2 times
1-spin around in your chair