

# FALL 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 orange cards include mental and mindfulness activities, while the brown 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](http://www.llx2.com) for more information.

**Want more Brain Breaks? We have the Original Brain Breaks set as well as seasonal add-on packs available to purchase!**

## BRAIN BREAKS



How many words  
can you rhyme with fall?

How many words  
can you rhyme with pie?

## BRAIN BREAKS



As if:

Do each activity for 20 seconds:

- Move as if you are carving a pumpkin
- Freeze as if you are a scary scarecrow
- Flap your arms as if you are a bat

## BRAIN BREAKS



Describe Fall using just:

Taste words  
Smell words  
Sight words  
Touch words  
Sound words

## BRAIN BREAKS



Fall Charades:

Act these out-

- A leaf falling
- A scarecrow scaring birds
- Riding a hayride
- Carving a pumpkin

## BRAIN BREAKS



Fall Descriptions:

Use as many descriptive words  
as you can to explain:

- the sounds of leaves crunching under your feet
- the colors you see in a forest

## BRAIN BREAKS



Fall Sports Charades:

Act out something on this list  
or make one up.

Try to get someone to guess  
what you are doing.

football, soccer, hiking