

SPRING 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 green cards include mental and mindfulness activities, while the pink 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 the Original Brain Breaks set as well as seasonal add-on packs available to purchase!

BRAIN BREAKS



Tell or Write about your favorite thing about Spring...
is it the weather, a holiday, a favorite activity or something else?

BRAIN BREAKS



Spring is for Outdoor Fun!
Pretend to do these 4 activities 30 seconds each:

- Dribbling a soccer ball
- Picking flowers
- Throwing a frisbee
- Going on a nature hike

BRAIN BREAKS



Grab a partner and play a game of 20 Questions. One of you think of something related to SPRING, the other one can ask up to 20 questions and see if they can guess it.

BRAIN BREAKS



Write the month it is:
(March, April, May)
Write the month in the air.
Can you write it big? small?
Can you do it in cursive?
Can you do it with your elbow?
Your foot? Your head?

BRAIN BREAKS



Spring is for OUTDOOR FUN!
How many outdoor activity words can you think of in 2 minutes? Write them down if you can!

BRAIN BREAKS



As if:
Do each activity for 20 seconds:

- arch as if you are a rainbow
- rise as if you are the sun
- waddle as if you are a duck
- float as if you are a cloud