

# WINTER 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 blue cards include mental and mindfulness activities, while the purple 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 seasonal add-on packs available to purchase!**

## BRAIN BREAKS



Mixed up Sayings:  
Say the saying below but with these different emotions (excited, sad, scared, happy)  
"My sled slid down the hillside and hit the snowman."

## BRAIN BREAKS



Mindfulness Walk:  
Take 3 minutes to walk quietly through your home. Can you find 10 things you are thankful for? What else do you notice?

## BRAIN BREAKS



How many words?:  
How many words can you make out of the word-

VALENTINE

## BRAIN BREAKS



Frosty the Snowman:  
How many different snowman faces can you make in 30 seconds? What is the funniest face you can make? What is the scariest?

## BRAIN BREAKS



The Alphabet Game for WINTER:  
Can you think of words about winter that start with each letter of the alphabet? Start with A, then B, C, etc. How far can you get in 3 minutes?

## BRAIN BREAKS



Snowman says:  
Find a partner and trick each other as you play Snowman Says. (also know as Simon Says)