

Brain Breaks

Brain breaks are a resource we use in the classroom to increase student engagement and productivity. Brain breaks are also a great way for students to get their wiggles out, so they can better focus on the academic content they are learning.

GoNoodle is one of our very favorite brain break resources. It is a collection of videos that get scholars up and moving. Some are just plain silly and fun. While others reinforce through song and dance academic content we are learning.

Sometimes we do a quick mini workout of exercises that can be done in place including toe touches, jumping jacks, lunges, etc. Singing silly songs or a quick read aloud for fun are also a good break for our brains during rigorous learning opportunities.

Brain breaks can also be utilized at home during homework or while studying for an exam. A 5 to 10 minute break to play outside, build with legos, or eat a snack will allow scholars an opportunity to get out pent up energy and refocus on the academic content they are working on mastering.