

## Quick Brain Breaks for the Classroom

Small moments of movement can help students reset, refocus, and re-engage with learning.

You don't need to change your whole schedule, just try one small reset!



### 1-Minute Resets (No Setup)



- Stand + stretch (reach high, touch toes)
- Shake out arms and legs
- Take 3 deep breaths together
  - Try a “bubble” or “rainbow” breath
- “Freeze + release” (tense muscles, then relax)

### 3-5 Minute Movement

- Freeze dance (music optional)
- Simon Says (movement version)
- Walk + talk with a partner
- Follow-the-leader (student-led)

### 5-10 Minute Play

- Imagination prompt: “Act like you're moving through...” (mud, space, ocean)
- Quick group game (no materials needed)
- Build-a-story circle (each student adds a line)



### When to Use a Brain Break

- After long instructional blocks
- To break up long stretches of instruction
- When students seem restless or unfocused
- Before transitions
- When energy feels “off”



### Start small

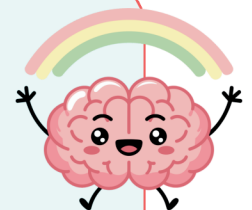
- Try one brain break this week—notice what shifts.

### Notice what changes

- Do students return more focused? More engaged?

### Keep what works

- Use the strategies that fit your classroom and your students.



**Remember: movement isn't time away from learning,**

It creates opportunities for creative thinking, problem-solving, & social-emotional growth, supports memory consolidation for better information retention, & it helps students return more focused and ready.

