

Make it Routine!

BRAIN BREAKS

Ideas for adding movement to your current routines and classroom activities.

Movement can...

- ★ Energize students in the morning.
- ★ Focus a group before an assessment.
- ★ Calm a class after recess.

Movement in the classroom can be divided into two categories:

1. Short transition activities, aka Brain Breaks
2. Movement during academic lessons

Great times to add a 3-5 minute Brain Break...

- As part of students' arrival routine.
- During morning announcements over the PA system.
- To close the morning classroom meeting.
- Moving from the rug to seat work.
- Before read aloud time.
- Between word study and math.
- During indoor recess.
- At the end of centers.
- During the washing hands process for lunch.

- While waiting in line and walking down the hall.
- At the end of the day - while waiting for the bus or the car line.
- Celebrating student birthdays.
- Add a calming yoga or breathwork break after lunch, recess, or specials.

Routines during academic learning...

- Take a walk outside while discussing a concept.
- Take a walk in place while taking an imaginary journey through a book or science concept.
- Jumping jack rather than raise their hand to answer questions.
- Hopscotch math and spelling.
- Counting, graphing, and patterning with fitness moves.
- True / False questions with different movements.
- Frozen Vocabulary with movement.

