



Ready, Set, Move!

Brain Breaks for Better Learning

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**WELCOME:
INSTANT ACTIVITY**

Average attention spans by grade:

Kindergarten: 12-16 min

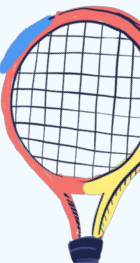
1st-2nd: 16-24 min

3rd-4th: 20-30 min

5th-6th: 25-35 min

7th-9th: 30-40 min

10th and above: 30-50+ min



Exercise and Memory

Jeff Edwards, Cell Biology & Physiology



Exercise promotes the delivery of nutrients to the

Exercise increase blood flow to improve the functionality of your heart, muscles, immune system, and brain.



Exercise advocates for priceless memories

Exercise increases synaptogenesis so it becomes easier to form and retain long-term memories.

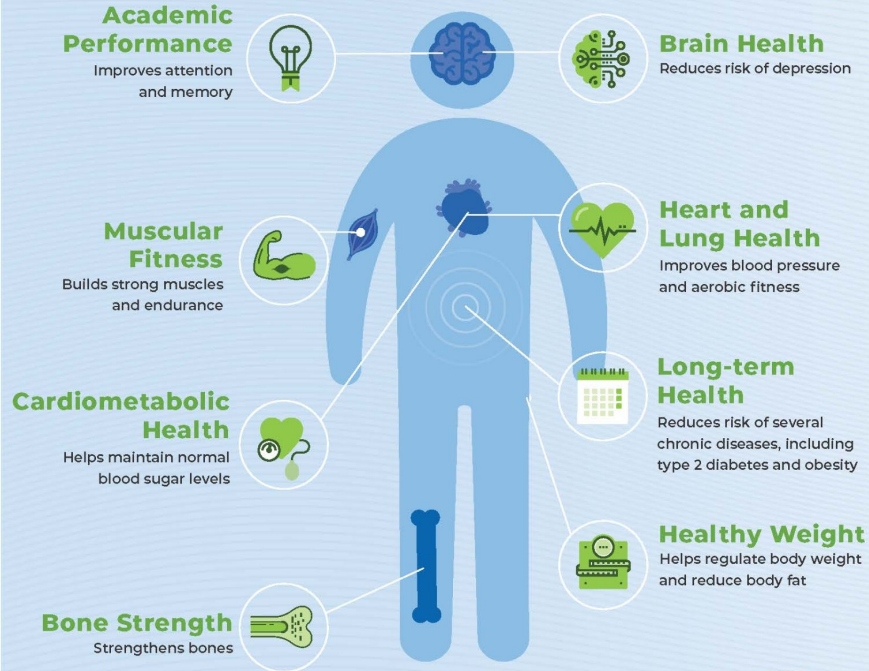


Exercise affects stress and opiate receptors

Exercise decreases the numbers of stress receptors in the hippocampus. It also creates a surplus of endorphines that act on opiate receptors creating a "runner's high."

Health Benefits of Physical Activity

FOR CHILDREN



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: https://www.cdc.gov/physical-activity-basics/media/pdfs/Health_Benefits_o_PA_Children_Oct2021_H.pdf

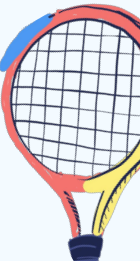
October 2021

Invest:

- Your goal is for students to **wake up their brain** , get **excited** , and invest their **attention** in the activity, and later the lesson.
- Students are more likely to get excited and fully participate when you get excited, interact, and also participate with the class.

Engage:

- Have a brain break ready to go for students as they walk in the door.
- **Engage them right away** so their brain is fresh when instruction starts.



BRAIN BREAK IDEAS:

- **5-4-3-2-1 Challenge:**

- Call out five quick actions for students to perform (e.g., 5 jumping jacks, 4 high knees, 3 push-ups, 2 deep breaths, 1 squat).

- **3-2-1 Exercise:**

- Stand up quickly and do
 - 3 jumping jacks
 - 2 sit ups
 - 1 squat
- The first student to finish wins!



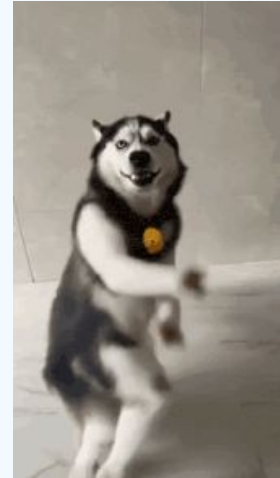
BRAIN BREAK IDEAS:

- **Freeze Dance:**

- Play upbeat music and have students dance (or jog in place); when the music stops, they must freeze in place.

- **Dance Off:**

- Have elbow partners have a dance off.
 - Worst dancer wins.



BRAIN BREAK IDEAS: Go Noodle Dance



BRAIN BREAK IDEAS:

- Would You Rather?



BRAIN BREAK IDEAS:

- Would You Rather?



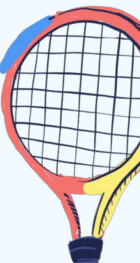
BRAIN BREAK IDEAS:

- **Cross-Body Exercises:**

- Have students touch their right elbow to their left knee and then alternate.
 - This "crosses the midline" to activate both brain hemispheres.
- Rub belly and pat head, switch hands, switch to rub head and pat belly

- **Rock, Paper, Scissors Tournament:**

- Students pair up for a quick round; winners move on to face other winners until one champion remains. Losers follow and cheer for the person they lost to.



BRAIN BREAK IDEAS:

- **Copycats**

- The teacher will pick one detective who will leave the room while the teacher picks a leader.
- Once the detective leaves the room, all other students will copy the leaders actions.
- The detective gets 3 tries to guess who the leader is.

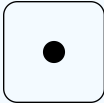
- **Charades**

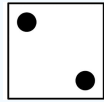
- Pick a category and write down lots of related items on slips of paper.
- Students partner up. They then take turns trying to get their partner to say the answer on their slip of paper without saying any words themselves.
- Repeat the process until time is up. Switch roles for the next round.
- [Charades Word Generator](#)

BRAIN BREAKS IDEAS:

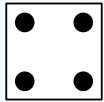
● Movement Dice -

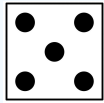
- Roll a die and complete the matching activity.

■  = 5 jumping jacks

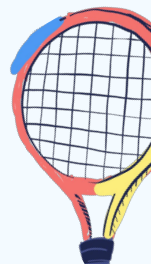
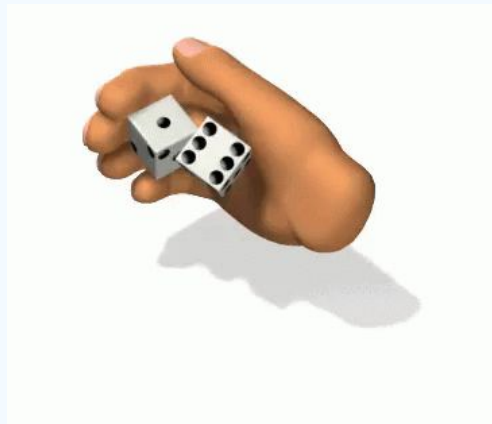
■  = 10 toe touches

■  = Balance on one foot

■  = March in place for 10 seconds

■  = 5 squats

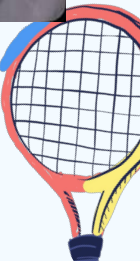
■  = 6 big arm circles



BRAIN BREAK IDEAS:

- **Hole in One**

- Tape a cup to the edge of the table
- Students must attempt to roll or blow a ping pong ball into the cup
- For added challenge put a book under the table legs to change the slope.



BRAIN BREAK IDEAS:

- **Simon Says**

- Make it as active as possible
- Works for all age levels

- **Golf Ball Tower**

- Give groups of students 1 minutes to stack three golf balls on top of each other.



BRAIN BREAK IDEAS:

- **Wheel of Names:**

- Split the class into 2 groups
- Ask trivia/review questions
- Whoever answers correctly first, gets out of the exercise
- Spin the wheel for the other team to do the exercise the wheel stops on
- Wheel of Names



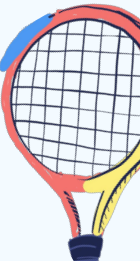
BRAIN BREAK IDEAS:

- **Greet Your Neighbors**

- Set a 3 minute timer for students to greet as many classmates they can with a high five or fist bump.
 - Students could also make up a different secret handshake with each classmate they encounter.

- **Roller Coaster Ride - (Cub Coaster)**

- Students lock themselves in their seat with their imaginary seatbelt. Hang on as the roller coaster swings right, left, up and down. Have a different student lead each time.





- Who has their own ideas to share?

- Work time

- Other resources:

- TPT - “active brain breaks”

- click on “free”

- Youtube

- Would you rather, dance, yoga



BRAIN BREAK RESOURCES

- Coach Corey Martin
- PE with Mr. G
- Be Well Played
- High School Brain Break Ideas
- Brain Break Ideas

