

GO DAY

Brain Breaks

Prep Time:
5 minutes to
read the
instructions

Activity Time:
5-10 minutes

Give yourself and your students permission to take a “brain break”. We present this to you on GO day because we know our society is Go Go Go and sometimes our brains need a break.

This activity works best when students are learning new material and/or it’s a heavy direct instruction day. Plan a brain break mid lesson. After the brain break, you can continue with the lesson. Your students will be reinvigorated. Allowing your students the opportunity to choose which type of brain break might also prove beneficial.

Purpose of Activity: The purpose of a brain break is to allow student’s brains to refocus and to destress. They help clear our minds, give time for our brains to process the information previously received, and refresh for more learning!

1. High Energy Brain Break
 - a. Obstacle Course- Give your students time (5-10 minutes) to do an obstacle course from the comfort of their own homes or outside! You can give them some simple directions or this link.
 - i. https://www.youtube.com/watch_popup?v=KFbbjLdmpBQ
 - ii. Jump over 2 things, Crawl under 1 thing, run up and down 1 set of stairs 2 times, Stand in your shower and sing your ABC’s song, Open a closet door, then open a bedroom door. Go back and shut both doors, skip from one room to the kitchen and back. Do 10 jumping jacks then come back to your seat.
2. Calming Brain Break
 - a. Slow deep breathing exercise. Play this video for up to 10 minutes. Stop when you think your class is ready to get back together.
 - i. <https://www.youtube.com/watch?v=oaJDfWCn4fl>
3. Teacher Led Brain Break
 - a. Play a game of Simon Says
 - i. Allow the students some wiggle time by asking them to do physical things. Example- Simon Says Jump 5 times. Simon Says Reach to the Sky, Simon says touch your toes
 - b. Play a game of Hangman
 - i. Think of a fun word or phrase for them. Possibly relate it to the lesson you are learning