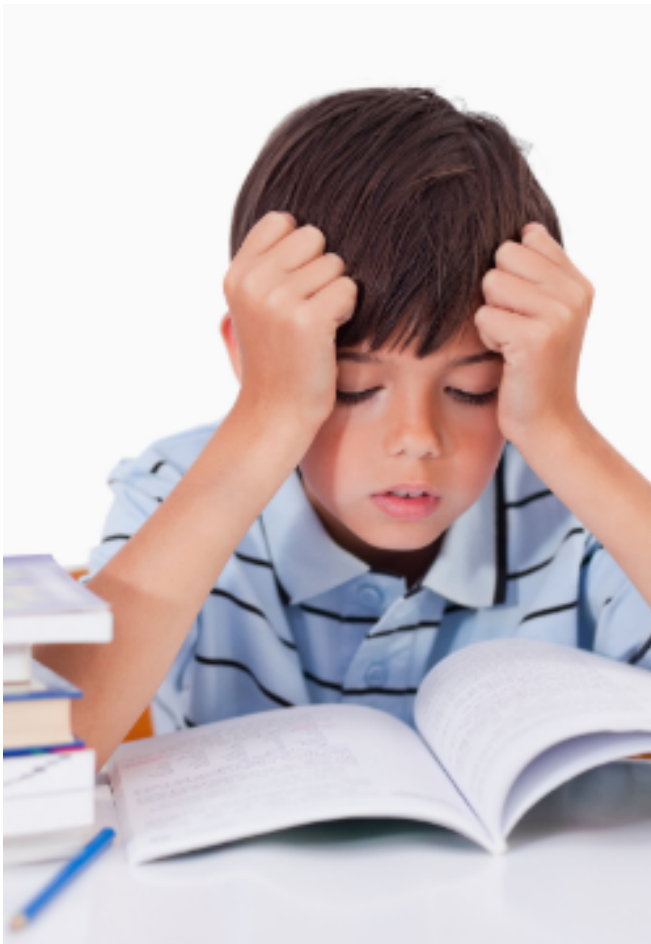
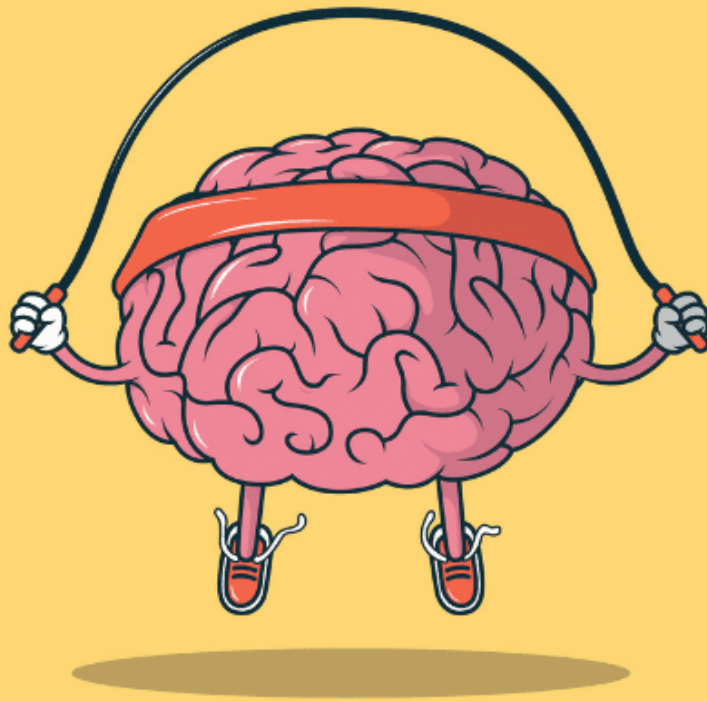


BRAIN BREAKS

Live Life Well @ School



WHAT ARE BRAIN BREAKS AND WHY DO KIDS NEED THEM?

Learning can be very tiring for kids so they need to take short breaks to be able to regulate their emotions, remain focused and learn. It is suggested children should take a break every 25-30 minutes.

Brain breaks are short (3-4 minute) movement breaks taken as a break during one activity or as you transition between activities. They have been shown to improve behaviour and concentration, increase physical activity, manage emotions and enhance learning outcomes (1).

THE SET UP

Some helpful hints to share with parents to support the effective application of brain breaks.



Role model
enthusiasm

Expect
success

Create a
positive and
'safe to fail'
environment

Set a time
limit
for the brain
break

Use a signal or word to communicate to your child you would like them to return to their learning (e.g. clapping pattern, bell sound)



BRAIN BREAK MONTHLY PLAN



The monthly brain break schedule has been designed to be built into home schooling plans. Brain breaks can be completed individually or with a partner (mum, dad, or sibling).



If your class is using a virtual platform it might be fun to do the brain breaks together as a group. Alternatively, invite your students to share their successes with the class.

WEEK 1

Monday

Balancing for Fun

1. Put a paper or plastic plate on your head and walk across the room.
2. Time how long you can keep the plate on your head for.
3. Make it harder by trying to walk on your tippy toes.

Tuesday

Sixes

1. Stand up. Move your right foot in a clockwise circle.
2. Simultaneously write the number 6 in the air with your right pointer finger.
3. Repeat this pattern several times and then switch to the other foot and hand.
4. Try reversing the motions to counter-clockwise and the number 9.
5. Repeat step 5 and spell out your name at the same time.

Wednesday

Starfish Breathing

1. Hold left hand out in front, with fingers pointing up to the ceiling.
2. Slowly trace your left hand with your right finger, starting where your hand and wrist meet.
3. As you trace each finger, breathe in as your finger climbs up each finger and breathe out as your finger slides down. Then switch hands.

Thursday

Cross Crawl

1. Stand up.
2. Place your right hand across the body to the left knee as you raise it.
3. Do the same thing for the left hand on the right knee as if you were marching.
4. Do this for 2 minutes.

Friday

Fun with a Balloon (or beach ball)

This game has only one rule: keep the balloon off the floor!
Challenge yourself to keep the balloon or beach ball afloat using only hands, feet, or even heads.

Extra challenge:

- Use an old bed sheet or towel as a parachute and try keeping the balloon/s off the ground with the balloon touching your hand or foot.
- Add more balloons (use responsibly if outdoors).

BRAIN BREAK MONTHLY PLAN



WEEK 2

Monday

Blinky Thinky

1. Stand up.
2. Blink your left eye while simultaneously snapping your fingers with your right hand.
3. Now blink your right eye while snapping with your left hand.
4. Try to blink one eye while snapping your fingers on the opposite side's hands 15 times in a row, alternating eyes. In other words, blink your left eye while simultaneously snapping with your right hand and then blinking your right eye while snapping with your left hand.

Tuesday

5-4-3-2-1.

1. Stand up.
2. Choose 5 different movements to complete in descending order e.g. do 5 star jumps, spin around 4 times, hop on one foot 3 times, do 2 push ups, walk around the desk once.

Wednesday

Wave Breathing

1. Covering your ears with your hands, take long and slow breaths in and out as you imagine waves rolling back and forth.
2. Listen to the sound of your slow breathing for 2 minutes.

Thursday

Rub-a-Dub

1. Stand up.
2. Pat your head with your right hand.
3. Rub your stomach with your left hand.
4. Switch hands.

Extra challenge: Sing your favourite song at the same time as you are doing this.

Friday

Scissor Paper Rock

This is a 2-person game.

1. On the count of three, players pick their position with their hands:
Rock- hand in a fist, Paper- hand flat, paper down, Scissors- extend the first two fingers and hold them apart.
2. The winner of the round is determined by the items formed:
 - Rock crushes scissors
 - Scissors cuts paper
 - Paper covers rock
3. Conduct 3-5 rounds of the game.

BRAIN BREAK MONTHLY PLAN

WEEK 3



Monday

Thumb War and Peace

This is done with a partner.

Thumb War

1. Lock fingers together and then tap alternatively with your thumbs to the chant: "One, two, three, four, I declare a thumb war".
2. Get started with the war. The first person to pin the thumb down for 3 seconds of opponent is the winner.

Thumb Peace

1. Lock your fingers together. Try to work together to outline the numbers 0-9 with your thumbs one at a time.
2. Your thumbs need to work together whilst making each number. You will need to decide who is writing the number forwards and who will write it backwards.

Tuesday

Airplane

1. Point your arms toward the ceiling.
 2. Lift your right leg and put it behind you. Try to keep your knee straight.
 3. Lean forward with your body. Try to make your body, arms and legs parallel with the ground. Hold for 10 seconds. Have a chair or table handy for support - just incase.
 4. Now try the same sequence with your left leg behind you.
- Extra challenge:* time how long you can stay in this position for without falling.

Wednesday

Gratitude Time

1. On a piece of paper draw a picture or write down 3 things you are grateful for today.
2. Share this with one person in your family or a friend and explain why you have chosen these 3 things.

Thursday

Calm Down

1. Stand or sit with the right leg crossed over the leg at the ankles.
2. Take your right wrist and cross it over the left wrist.
3. Link your fingers so that the right wrist is on top.
4. Bend the elbow out and gently turn the fingers in toward the body until they rest on the centre of your chest. Stay in this position.
5. Breathe slowly and deeply for 2 minutes.

Friday

Like a Pilot

1. Find a blank piece of paper.
2. Design and build a paper airplane. For ideas: <https://www.origamiway.com/paper-airplanes.shtml>
3. Throw your airplane. Measure in distance how far your airplane can fly.

BRAIN BREAK MONTHLY PLAN

WEEK 4



Monday

Toe Tapping

This is done with a partner

1. Stand up and face your partner.
2. Both you and your partner put out your right leg and tap your feet together 1 time and say "1" out loud.
3. Tap your left feet together 3 times and say "3" out loud.
4. Tap your right feet together 2 times and say "2" out loud.
5. Continue the 1,3, 2 tow tapping pattern alternating feet.
6. Time how fast you can go.

Tuesday

Energy Yawn

Yawning helps re-energise the brain.

1. Massage the muscles around the junction of your jaw.
2. Let your bottom jaw drop and open your mouth to yawn.
3. Thinking about yawning and watching others yawn will help you yawn.
4. Try to yawn deeply 6 times.

Wednesday

Jump Skip Counting

1. Stand up.
2. Ask children to count by twos, fives, tens while jumping with each count.
3. Ask children to spell out their name whilst jumping.

Extra challenge: ask children to practise spelling other words. Each time they spell a new word ask them to use a different action. Skipping, hopping.

Thursday

Move and Freeze

Participate in the following Youtube clip:

<https://www.youtube.com/watch?v=388Q44ReOWE>

Friday

Numbers and Alphabet

1. Stand up. Using your index finger write a large "A" in the air out in front of you and at the same time say out loud the number "1".
2. Now write a large "B" in the air out in front of you and at the same time say out loud the number "2".
3. Continue writing the letters in the air and saying the numbers out loud as you move through the alphabet.

Extra challenge: use your non-dominant hand and repeat.

References Although we have tried to identify and acknowledge the sources of the ideas in this resource, the origin of some is not known. We would like to acknowledge any groups or individuals, who have contributed to the development of the physical activity ideas, concepts and examples used in this resource.

Hunter New England LHD (2009). Good for Kids. Good for Life. www.goodforkids.nsw.gov.au/media/1094/booster-intro.pdf

Hunter New England LHD (2009). Good for Kids. Good for Life. www.goodforkids.nsw.gov.au/media/1095/energisers.pdf

Classroom-based physical activities, Activity Promotion Laboratory, Department of Exercise and Sport Science, College of Health and Human Performance, East Carolina University. 3rd Edition, 2006. www.ncpe4me.com/pdf_files/K-5-Energizers.pdf

(1) Alvarez-Bueno et al., 2016; Hamre & Pianta, 2005; Jensen, 2000; Vazou & Smiley-Oyen, 2014