

There is a correlation between physically fit students and academic achievement.

BRAIN PREP • CONTENT REVIEW • CLASS COHESION • CHAIR YOGA • BRAIN BREAKS

Neuroscientists have discovered that physical activity provides a stimulus that readies the brain for learning by increasing blood flow to the brain cells and strengthening neurological connections.

BRAIN PREP

- 1-3 minute activities
- Prepares the brain for learning
- Improves visual tracking
- Activates both sides of the brain using cross lateral movements, spatial awareness, and balance

Body Taps:

Cross the midline of the body while tapping the following body parts:

- › Finger to ear
- › Hand to shoulder, elbow, and wrist
- › Elbow to knee

Create other variations and have fun.



BRAIN BREAK BRAIN BREAK BRAIN BREAK

CLASS COHESION

- Creates a comfortable, interconnected environment
- Fun activities for the start of the term or when students are not connecting with one another

Beat the Pass:

Students stand in a tight circle and number off. Student #1 speed walks around the outside of the circle returning to the open space. A ball is passed on the inside of the circle while trying to keep up with walker. When the ball completes the circle student #2 starts to walk. The goal is for students to use teamwork to keep up with the walker. Try other locomotor movements.



BRAIN BREAK BRAIN BREAK BRAIN BREAK

Model enthusiasm for physical activity and participate in the activities.

Research shows that students who are physically active are more likely to do well in school. Short activity breaks during the school day can improve students' concentration skills and classroom behavior. Physical activity sparks biological changes that encourage brain cells to bind to one another, increasing the capacity to learn.

What is a Brain Break?



BRAIN BREAKS are divided into five categories: **Brain Prep**; **Content Review**; **Class Cohesion**; **Chair Yoga**; and **Brain Breaks**. One of activity breaks may be used at the beginning of class to energize students, in the middle of class to break up the workload, or at the end of class as a review of content. Activity breaks improve visual tracking, activate both sides of the brain, use relaxation techniques to decrease test anxiety, or infuse subject content to allow students to be physically active while learning.

CONTENT REVIEW

- Small group activities
- Allows for review of classroom material within the content area

Team Test:

Place students in four even teams in each corner of the room. Give each team a written test and spread note cards out in the center of the room with the answers face down. On signal, one member of each team collects a card and brings it back to the team. As a team they decide which question belongs to that answer. Switch the runner each time. Fastest team with the most correct answers wins.



BRAIN BREAK BRAIN BREAK BRAIN BREAK

CHAIR YOGA

- Releases tension from spine
- Increases muscle tone and flexibility
- Releases tightness in lower back
- Provides relaxation

BRAIN BREAKS

- 1-2 minute activities
- Gives the hippocampus (long term memory) a necessary break
- Proven to increase long term memory and engagement

Timed Tasks:

Record how many jumps, hops, knee lifts, claps, etc. that you can do in one minute.



Side Bend:

Sit on the front edge of a chair. Lengthen the spine upward. Inhale and reach the left arm upward while resting the right hand on the right leg. Exhale and lean the body to the right. Take 5-10 deep breaths into the left side of the body.



BRAIN BREAKS USER COMMENTS

"The Brain Breaks are awesome! Great idea! I know kids will love them!" *Kari Martin (Curriculum Director)*

"Wow! Lots of good ideas! Physical exercise really increases and improves brain function, so these activities will be especially helpful to our English language learners as they work through the language acquisition process. Thanks for creating this handy Brain Breaks packet. I am definitely going to use it!" *Charmée Beauclaire (ELL Teacher, SMS)*

"What a great program. Thanks for doing this! I will encourage my teachers to incorporate these into their classroom. In fact, I normally send out a new Formative Assessment strategy for teachers to implement sometime in a 2 week period. For the next one, I might tell them to instead implement at least one Brain Break activity from the packet and report back to me how it went--in place of the FA for that week. I figure that just getting them to do one will go a long way to full implementation, so that might get them started. I'll keep you posted."

Mark Barnes (Principal, FMS)

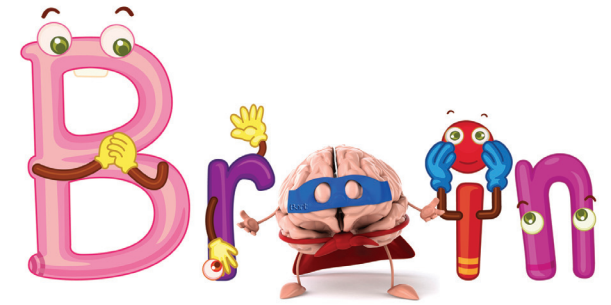
"This goes hand in hand with leadership class activities (initiatives). I do some with my regular classes, but am always looking for new ideas. Thanks!"

Becky Latham (ComArts, BMS)

"I love this kind of stuff. I used it with my 2nd grade intensive students today prior to practicing reading skills. I will continue to use the packet throughout my time in Bethel.... until I memorize most of them.... :) or until I retire. It is a great reference book, we can even use this with our grandchildren."

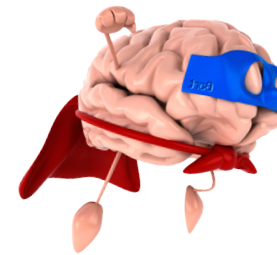
Polly Anderson (Para educator, Title 1/Evergreen)





Breaks

be physically
active while
learning



Contact Person _____

Agency/School District _____

Address _____

City _____ Zip _____

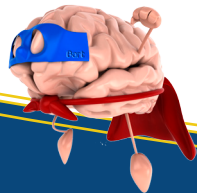
Contact Phone & Extension _____

E-mail _____

Shipping Address _____

City _____ Zip _____

Quantity Requested _____



ORDERING INFORMATION

Brain Breaks packet(s) can be ordered by filling out the information above, and mailing your request to:

Bethel Public Schools
attn: **Laura Roberts or Michael Sandner**
516 176th St E, Spanaway, WA 98387

For additional information call 253-683-6954

WEB ORDERING

Brain Breaks packet(s) can also be ordered by scanning the information above, in an e-mail to:

lroberts@bethelsd.org



516 176th Street East
Spanaway, WA 98387
253-683-6954 ph
Fax 253-683-6079
lroberts@bethelsd.org



CREATED BY THE HEALTHY SCHOOLS TEAM:

Lynda Bernard Jacy Ramsey Missy Widmann
Michele Larter Michael Sandner Minta Wulf

Funded by a Healthy Schools Grant from the
Tacoma-Pierce County Health Department