

Brain Breaks in the classroom!



BRAIN BREAKS

Tired of your students drifting off during long lectures and lessons? Consider giving them a “brain break”!

Brain breaks are short activities that help to reset students' focus and attention. They are quick diversions from the normal routine and help teachers to “shake up” the monotony of the day. They can be useful for kindergartners all the way up to adults!

The brain breaks you will find here are divided into:

- Breathing exercises
- Fun Challenges
- Guided visualization

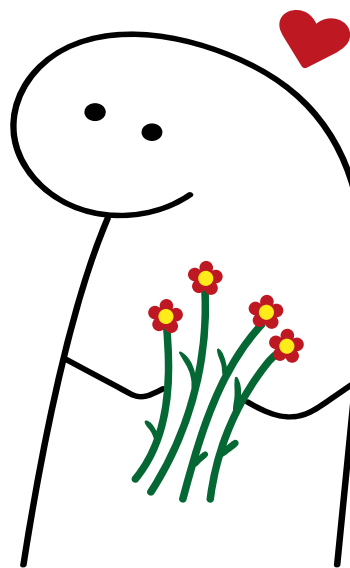
I hope you like them!!

Love, Paula.

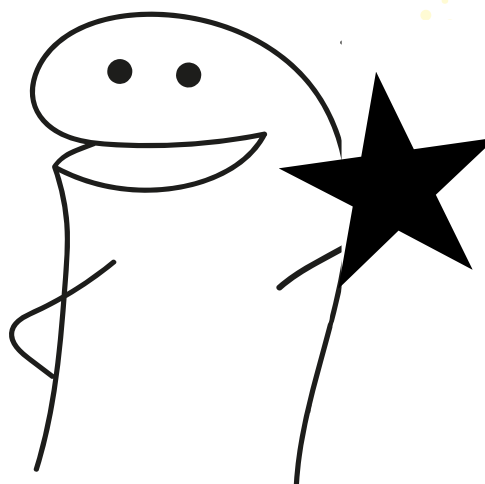
BRAIN BREAKS

Breathing Exercises

Sit up straight with your hands on your knees. Breathe in like you are smelling a flower. Breathe out like you are blowing a leaf away.



Sit up tall and stretch your arms out wide, like a star. Inhale deeply through the nose and then exhale through the mouth while bringing your arms back to the side.

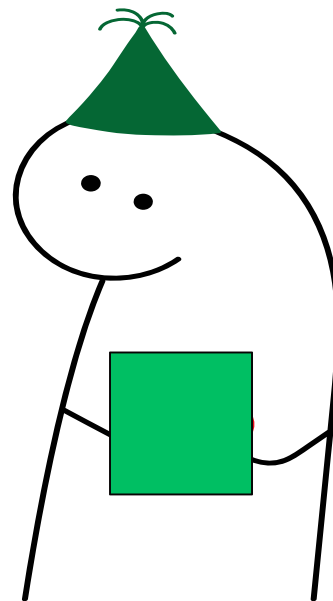


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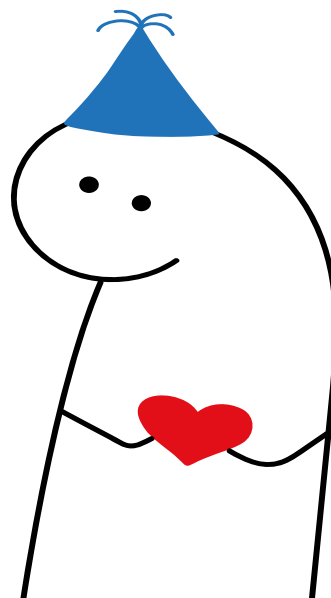
Breathing Exercises

Visualize a square in your mind.

Inhale deeply through the nose while counting to four, hold the breath while counting to four, exhale slowly through the mouth while counting to four. Hold the breath again while counting to four.



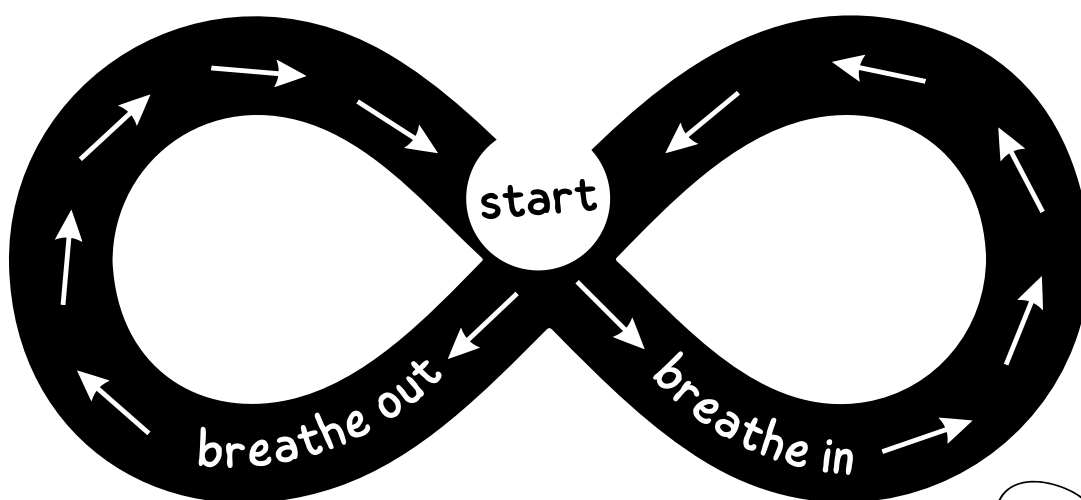
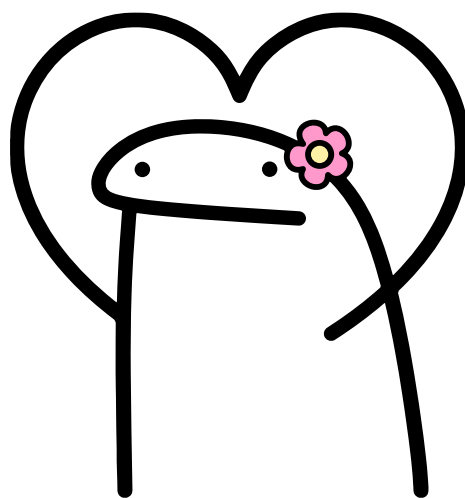
Take three big belly breaths, taking the time to feel your stomach grow and deflate. Do this for five minutes.



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Breathing Exercises

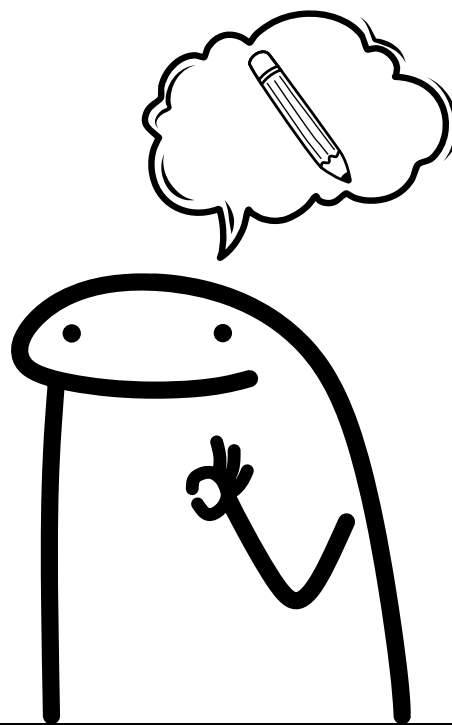
Breathe in through your nose, keeping your lips sealed. As you breathe out, hum an 'M' sound. At the end of your breath, breathe in and repeat.



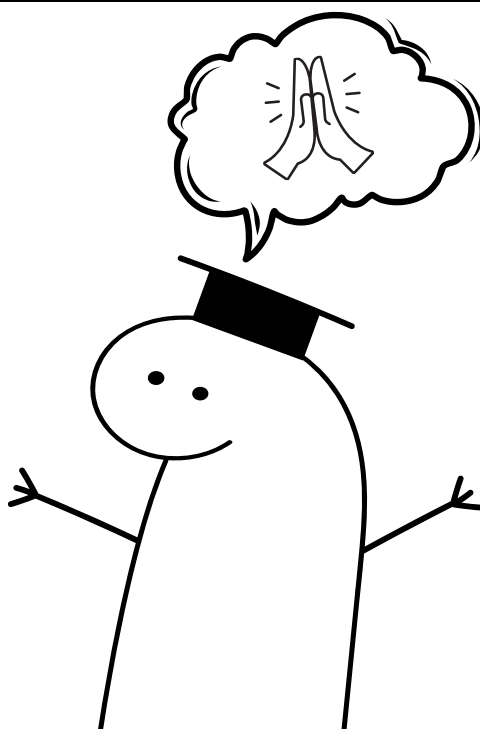
BRAIN BREAKS

Fun Challenges

Balance a pencil horizontally on your index finger. Walk around the classroom. If you drop the pencil, you sit down.



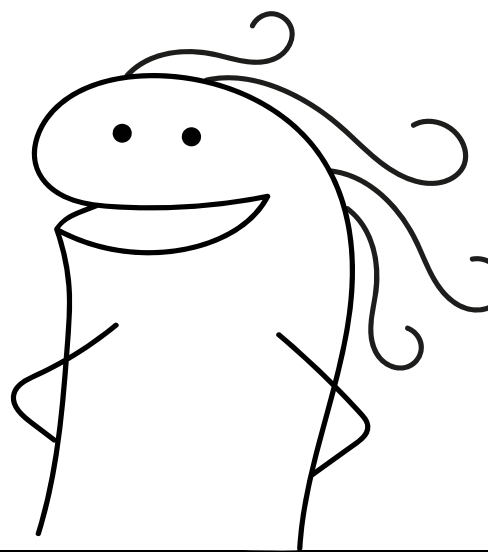
Finds a student to high five. Then, find a different student to low five. Continue until five rounds of one low and one high five with different students.



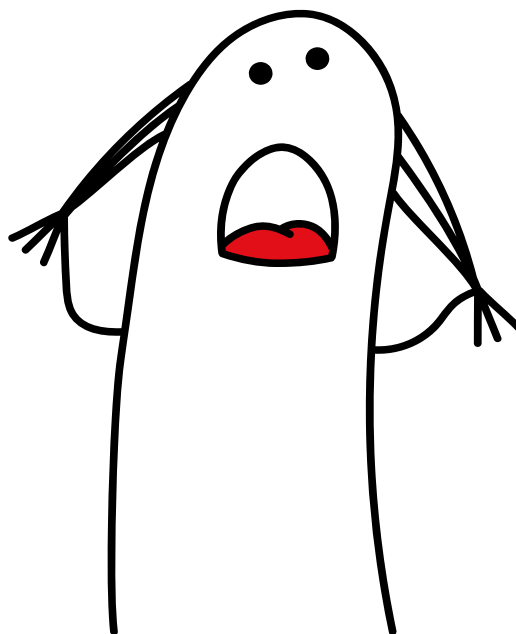
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Fun Challenges

Freeze tag, but played in slow-motion! Your teacher can verbally "freeze" you if you are moving too fast.



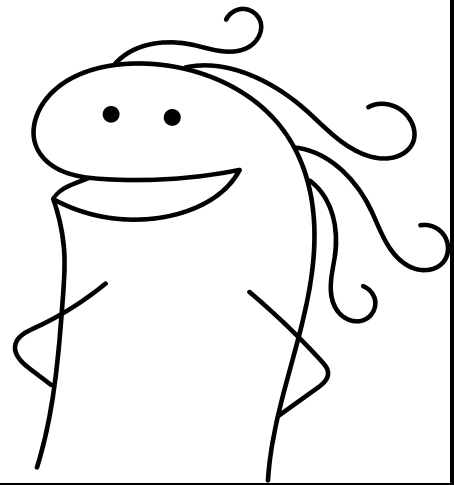
Find a partner, the teacher will call out two body parts, such as "elbow to knee." You and your friend must put those two body parts together.



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Fun Challenges

Hop on one foot looking for a partner. Then, face each other and say a word in English while on one foot! Students switch feet and hop to a new partner.



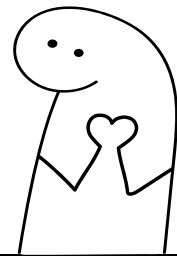
Stand in a circle. The first pupil performs an action. The next student repeats the action and adds another movement. The third student repeats the previous movements and adds another, etc.



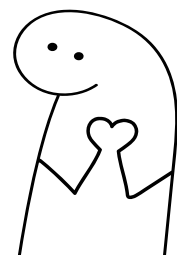
BRAIN BREAKS

Guided Visualization

Close your eyes and imagine you are lying on a beach on a warm day. As you breathe in, imagine the waves gently touching your feet. As you breathe out, picture the waves retreating back to the sea. Do this for five minutes.



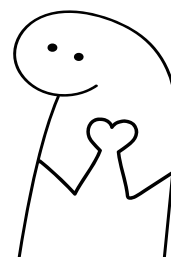
Imagine yourself walking through a peaceful forest, surrounded by tall trees and the sounds of nature. Feel the cool shade, the rustling leaves, the smell of pine, and the soft earth beneath your feet.



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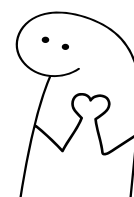
Guided Visualization

Imagine a bright light shining within you, representing your inner strength. See the light growing stronger and brighter with each breath, fill the light with love and peace.



Imagine you are by the ocean. See the waves come in and go out. Let the sound wash over you. If your mind is wandering, say thank you, and bring your focus back to the waves.

Now visualise you are a part of the waves. You have merged with the water and are now water.



BRAIN BREAKS

Guided Visualization

Imagine you are in the forest and there's a big strong tree with lots of branches. You can put your worries on its branches, and the tree will just let them drift up like a butterfly on the wind. While you're here, an animal will come to visit you. What animal is it? What message does it have for you?



Imagine yourself floating in outer space, surrounded by stars, planets, and galaxies. Visualize the vastness and emptiness of space, and feel yourself becoming one with it. Now shift your focus inward, and bring your attention to the sensations within your body. How do you feel?

