

“Research has shown that physical activity affects the brain in ways that allow students to be more engaged, on-task, and ready to learn. Even just a few minutes of stretching or walking can help students feel rejuvenated and revitalize their focus.”<sup>1</sup>

## Brain Break!

Teachers: use this movement break as a "brain break" to get your students up and moving, refocused, and ready to learn!

### Activity: Getting Warmer

Supplies Needed: None

#### Instructions:

1. Have one student leave the room
2. Hide an object around the room
3. When the student re-enters, they will be guided by their classmates' movements to locate the hidden object.
4. Students will indicate whether to go left, right, forward, backwards, up, or down
  - a. backwards= backstroke motion
  - b. Left or right= left or right side bend
  - c. forward= marching
  - d. higher= climbing motion
  - e. lower= plank
5. When the student gets within one foot of the hidden object, classmates should pretend they are stepping on hot coals by doing high knees.



Variation-- team activity, 3-5 students leave room to see which team can give the best directions, or make it more competitive by providing incentive.

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1 Swedberg, Leah. 5 Minute Classroom Physical Activities. Available from Learning Zone Express: <http://www.learningzonexpress.com/>

**If you liked this activity, see your nutrition educator for more resources to incorporate movement breaks in your classroom.**

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