

“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: Slalom Ski

Supplies Needed: A ruler for each student

#### Instructions:

1. Students put their ruler on the floor in front of them
2. Have the students “ski hop” back and forth over the ruler
3. Start slow “skiing up the mountain” and increase to “super fast down the mountain.” Add arm movements (simulate ski poles)



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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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