

"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."¹

Brain Break!

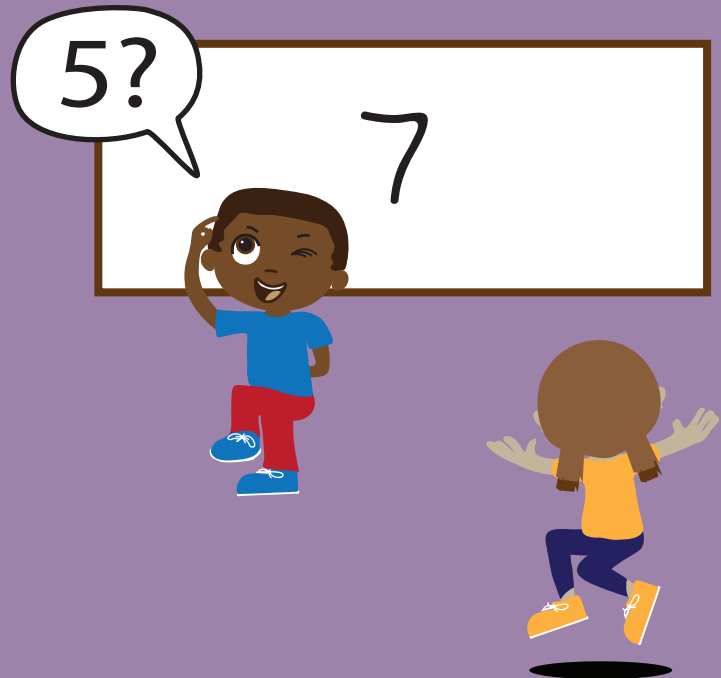
Teachers: use this movement break as a "brain break" to get your students up and moving, refocused, and ready to learn!

Activity: Higher/Lower

Supplies Needed: Marker or Chalk

Instructions:

1. One student comes to the front of the room and faces the class.
2. The teacher writes a 2 or 3 digit number on the board behind the student.
3. While marching in place, the student calls out the number. If the number guessed is too low the class jumps, if the number is too high the class squats to signal the guess needs to be lower.
4. When the correct number is guessed a new student comes to the front and repeat.



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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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