

"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: Weather Warm Up

Supplies Needed: Marker or Chalk

#### Instructions:

Students begin standing at their desks. Teacher will demonstrate series of movements, each of which correspond to characteristics of the weather.

- Wind: swaying of arms
- Rain: sprinkling fingers from high down to the floor with bent knees
- Sunshine: circle with arms overhead
- Ice: shiver body, arms, head, toes (can isolate parts of the body)
- Clouds: act as a larger than life floating mass ... think sumo wrestler!



Once students have mastered the movements, try calling them out in succession with increasing speed

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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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