

“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: Get Wiggly!

Supplies Needed: None

Instructions:

1. March in place- 10 counts
“Slide” to the left - 1 step- clap
“Slide” to the right-1 step- clap
“Get Wiggly” move your body in place count of 10
2. March in place 10 count
Repeat routine

Variation:

Can change “clap”for “reach”



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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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