

“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: Color Hop

Supplies Needed: None

#### Instructions:

The game leader calls a color and each person should hop to something in the room that has that color. Ex: The color is blue. A person may hop to find a blue dry erase marker. The last person to touch the color is "it".

Variation: Modify activity using alphabet letters ("find something starting with the letter "A") or numbers ("find a set of 4, you may hop to a chair with four legs or a poster with 4 animals").



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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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