

“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: Apple Pickin’

Instructions:

Tell the kids, “It’s time for a break! Let’s go pick some apples!”

1. Everyone stands and have them visualize an apple tree in front of them.
2. Stretch high to get the apple, bend low to put the apples in the basket. Stretch high, bend low, etc. Be creative! Maybe they need to walk to their neighbor’s tree for more apples (walk to another desk). The activity is to help the kids to move and stretch.

Supplies Needed: None



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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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