

"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!

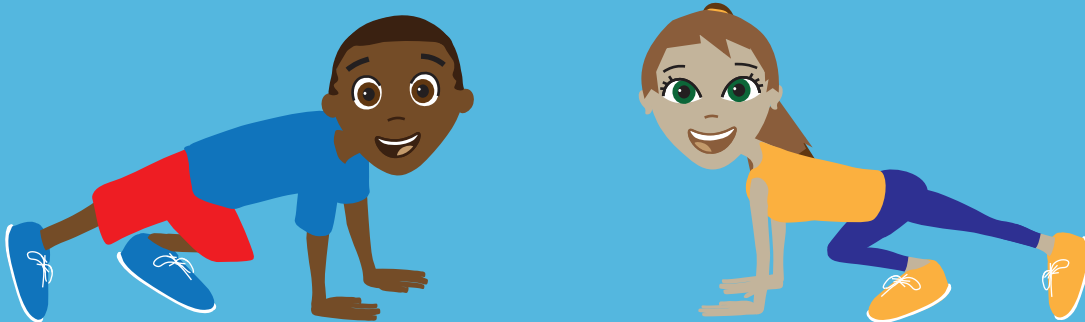
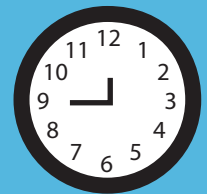
Teachers: use this movement break as a "brain break" to get your students up and moving, refocused, and ready to learn!

Activity: Trivia Content

Supplies Needed: None

Instructions:

1. On the hour, have students hold one stretch or yoga post for 15-30 seconds.
2. At quarter past the hour have students do 15 jumping jacks.
3. At thirty past the hour, have students do 30 crunches.
4. At a quarter to the hour, have students perform 45 mountain climbers.



Variation: Use different activities for each quarter of an hour (ex: opposite elbow to knee, squats, scissor jumps, push ups, plank, calf raises, tree pose, warrior pose, bicep curls, forward lunge)

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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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