

“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!

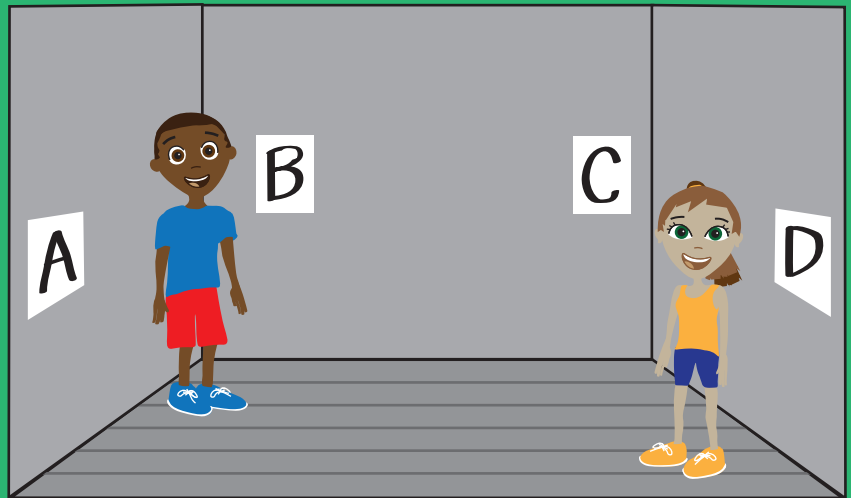
Teachers: use this movement break as a “brain break” to get your students up and moving, refocused, and ready to learn!

Activity: Four Corners

Supplies Needed: None

Instructions:

1. Label 4 corners/walls of a room with A, B, C, D.
2. Ask students a starter question
3. Provide students with 4 answer options
4. Students select corner they feel is best answer
5. Repeat



Variations: Assign each corner with a different movement “skip to one corner”, “butt kickers” to one corner, “forward lunges” to another corner, etc.

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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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