

"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: Decks-ercise

Supplies Needed: Deck of cards

Instructions:

1. Using a standard deck of cards, assign an activity to each of the four suits (ex: hearts = jumping jacks, spades= yoga pose, diamonds= crunches, clubs= squats)
2. Pass out a card to each student and they have to do the activity for that suit for 20 seconds
3. Have students pass the cards to their neighbor and repeat



Variation: have students do the activity the number of times that appears on their cards.

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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.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).

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