

“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: Desk Relay

Supplies Needed: Bean bag or paper ball

#### Instructions:

1. Have students sit in rows of chairs with the first person holding the passing object (bean bag or paper ball).
2. After asking a question or problem that needs to be solved, the object is passed over the students head to the next person, until the end of the row.
3. The last student speed walks to the front of the room to answer the next question.
4. Continue for 2 minutes, counting how many times each person has touched the wall.

Variation: Change the way the object is passed.



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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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