

“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: Trivia Content

Supplies Needed: None

#### Instructions:

1. Students get into teams.
2. Ask different questions that are content-based.
3. When a team thinks they have the correct answer, the student walks up to the front of the room and writes the answer down.
4. First team to have the correct answer does 5 jumping jacks.
5. The other teams must do 15 jumping jacks.

Variations: different activities for each question, could use a "reveal" time. All teams with the correct answer do 5 jumping jacks.



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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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