



MOVE.RIGHT.NOW.

“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!

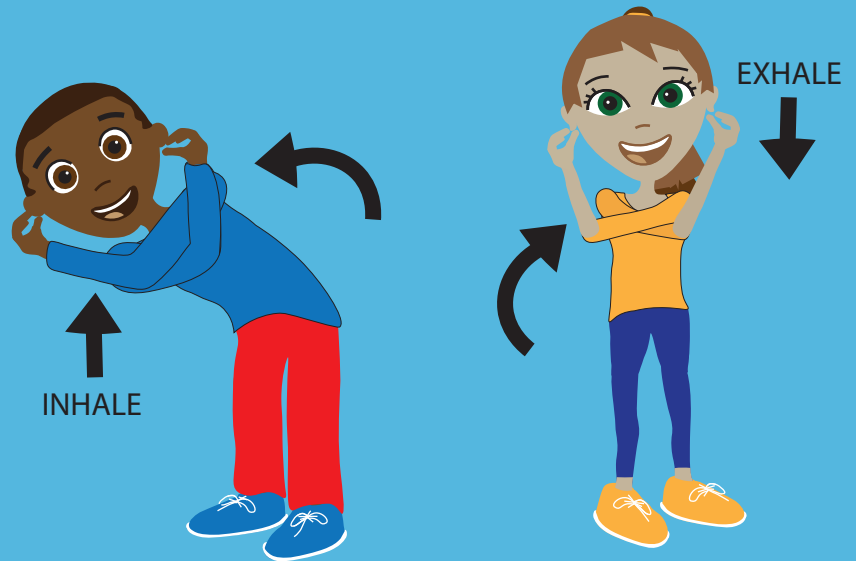
Activity: Connecting Right and Left Brain

Supplies Needed: None

Instructions:

Students criss cross their arms and hold onto their opposite earlobes. Bending down as they inhale, they exert a firm pressure on the earlobes. Exhaling as they stand upright, they are helping their “left brain” connect with their “right brain”.

Can use this on a daily basis, especially during testing!



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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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