

“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!

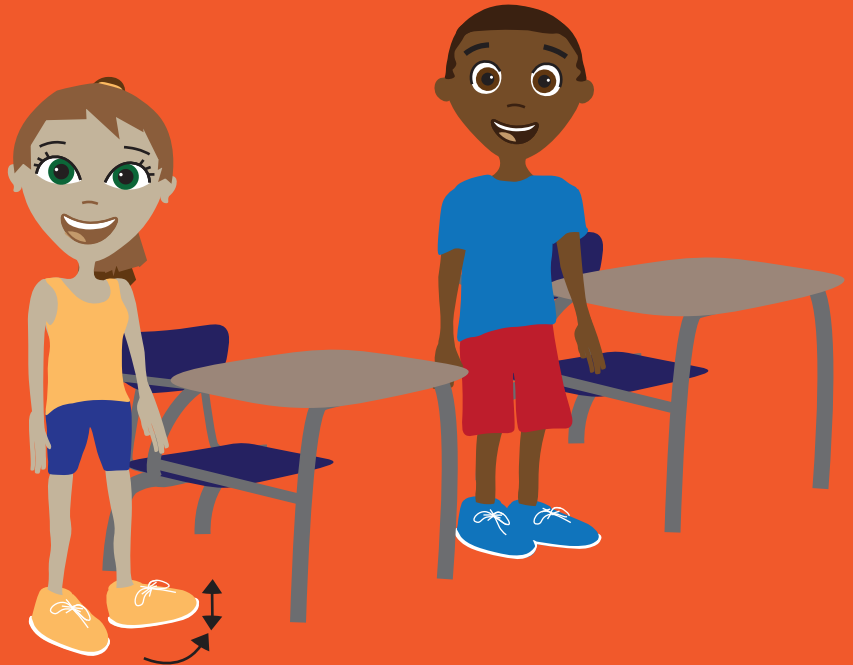
Teachers: use this movement break as a "brain break" to get your students up and moving, refocused, and ready to learn!

Activity: Listen Up

Supplies Needed: A short passage to read

Instructions:

1. Explain you will be reading a short passage.
2. While you are reading, students should stand next to their desk and perform toe taps (stand with feet together. Toe taps of the left foot to the side and return to starting position. Tap the toes of the right foot to the side and return to starting position)
3. Explain to the students when they hear ____ (insert academic content) they should jump
4. After they jump they should return to toe tapping and listen for the next ____ (academic content)



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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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