

“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: This or That (Stand or Squat)

Supplies Needed: None

Instructions:

1. Have students stand next to their desks
2. Pose a question to the students (ex: in the circulatory system, veins carry blood to or away from the heart?)
3. If the answer is “this, to the heart” students are to remain standing
4. If the answer is “that, from the heart” students must squat
5. Repeat several times with a variety of questions

Variations: true/false questions, change movement



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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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