

Brain break ideas

Try these brain breaks for different times of the school day. Be ready to provide support. You can adjust these [brain breaks](#) if needed, such as for kids with motor skills challenges.

Start-of-day <ul style="list-style-type: none">• Under 5 minutes• For preparing your class to learn	<ul style="list-style-type: none">• Stretches: Try a few of your favorite yoga poses.• Mindfulness: Sound a chime and have students sit when they can no longer hear it.• Breathing: Use different exercises, like five-finger breathing.• Silent ball: Student sits down after tossing a ball to a classmate.
Movement break <ul style="list-style-type: none">• Under 3 minutes• For when your class is getting restless	<ul style="list-style-type: none">• Tiptoe tag: Play tag while tiptoeing.• Statue game: Freeze when the person who is “it” turns around.• Laps around the room: Jog, stomp, walk on marshmallows, etc.• Line up challenges: By birthday, middle name, etc.• 30-second nap: Spread out, get comfy, and take a snooze.
Talking break <ul style="list-style-type: none">• Under 3 minutes• For when your class is getting chatty	<ul style="list-style-type: none">• Turn and talk: Set a timer and provide a prompt to talk about.• Would you rather: Eat round food or square? Live in space or the ocean? Ask questions and let students share.
Recess break <ul style="list-style-type: none">• 5-10 minutes• For longer breaks, like during rainy day recess	<ul style="list-style-type: none">• Dance party: Turn on a fun song and move it, move it!• GoNoodle: Groove to Moose Tube and Zumba Dance.• Follow the leader: Walk around the school and follow as the leader hops, does wall push-ups, etc.
Refocus break <ul style="list-style-type: none">• 5-10 minutes• For returning from recess, assembly, lunch, etc.	<ul style="list-style-type: none">• Directed draw: Lead a drawing activity or find one on YouTube.• Listening challenge: Play a game like Simon Says or Telephone.• Calming videos: Play clips from <i>How It's Made</i>, drone videos, etc.
Testing break <ul style="list-style-type: none">• 10-20 minutes• For stressful times of sustained work	Start high-energy and then shift to calming. <ul style="list-style-type: none">• High-energy: Use recess activities or extended movement breaks.• Low-energy/calming: Use start-of-day or refocus activities.