

"Learning to Move, Moving to Learn"

BRAIN BREAKS FOR KIDS

Benefits of Movement Input for Kids

- Increases alertness, focus & attention
- Gives info on position in space
- Increases muscle tone and bone density
- Improves control of the eye muscles
- Enhances emotional well being and makes learning fun!

MOVEMENT & PROPRIOCEPTIVE EXERCISES

- Jumping Jacks - 10
- Balance on Each Leg for 5-10 seconds
- Frog Jumps in Place 5-10
- Hands on Hips - 10 Trunk Twists
- Stand on Tip Toes with Arms Up for 10 seconds
- Spin Around 3 Times Each Direction
- Arm Circles - 10 Forward, 10 Backward
- Toe Touches 5-10
- Reach to the RIGHT & Reach to the LEFT
- Push Hands Together at Midline for 5 seconds

Use these exercises throughout the day:

- Before a lesson
- During transitions
- Before a quiz or test
- After lunch
- When kids need a movement break

Ideas when using these brain breaks:

- Follow the sequence of exercises, kids learn the order
- Pick every other exercise (or a few) and rotate through
- Place each exercise on popsicle sticks
- Student leader chooses exercises and leads the class
- Number the exercises, roll die / dice to choose
- Permanently write the exercises on a large ball, toss to a student who reads the exercise "closest to the right thumb"

