# 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.

<table>
<thead>
<tr>
<th>Start-of-day</th>
<th>Movement break</th>
<th>Talking break</th>
<th>Recess break</th>
<th>Refocus break</th>
<th>Testing break</th>
</tr>
</thead>
</table>
| • Under 5 minutes  
  • For preparing your class to learn | • Under 3 minutes  
  • For when your class is getting restless | • Under 3 minutes  
  • For when your class is getting chatty | • 5–10 minutes  
  • For longer breaks, like during rainy day recess | • 5–10 minutes  
  • For returning from recess, assembly, lunch, etc. | • 10–20 minutes  
  • For stressful times of sustained work |
| • 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. | • 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. | • 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. | • 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. | • 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 *How It’s Made*, drone videos, etc. | Start high-energy and then shift to calming.  
  • High-energy: Use recess activities or extended movement breaks.  
  • Low-energy/calming: Use start-of-day or refocus activities. |