

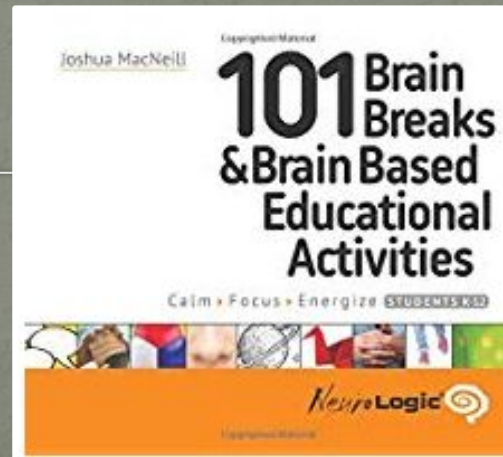
Brain Breaks/Resets



101 Brain Breaks & Brain Based Educational Activities

Calm, Focus, Energize students K-12

Joshua macNeill
Neurologic
Lakeside
www.lakesidelink.com



Calming Breaks



Opposite Thumb Twiddles:

Interlock your fingers and spin your thumbs around one another.

Now try a little spin on this. Rotate one thumb forward while rotating the other thumb backwards. This is more difficult and causes you to put a lot of brain power into the activity.

Calming Breaks

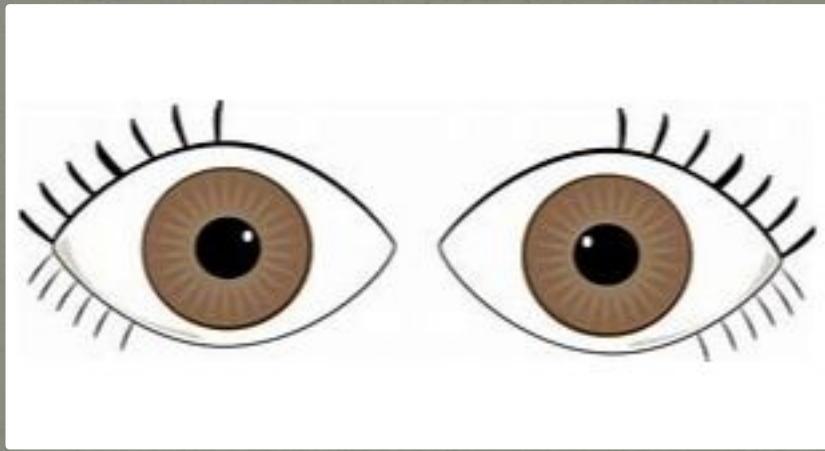


Hum, Hum, Hum:

You can use humming in a few different ways. You can hum your favorite songs, hum together as class, or even have humming conversations where you hum words instead of speaking with one another. Humming is beneficial as it forces you to take a deep breath and slowly exhale as you breathe out. Humming vibrates your voice and loosens facial muscles when you're tense, angry or stressed.

Peripheral Vision

- Hold fingers six inches in front of you, then move out to your side and focus. Do it with fingers, then take away fingers and you can do it at any time.



~Carolyn Curtis PhD, LMFT

The Five Senses

- Find 5 different things to look at in the room
- Find 4 different things to feel (feet in shoes, body in chair, pen in hand, ect...)
- Find 3 different things that you hear
- Find 2 things to smell
- Find 1 thing to taste

~Carolyn Curtis PhD, LMFT



Hand Breathing



- Stretch your hand out like a star
- Get your pointer finger ready to trace your fingers up and down
- Slide up each finger slowly, pausing at the tip for two seconds, then slide down the other side
- Breathe in as you slide up and breathe out as you slide down.
- Keep going until you have finished tracing your hand.

The Butterfly



- Cross your arms by placing your right hand on your left bicep and your left hand on your right bicep. Flap your hands like a butterfly flapping its wings. This is cross lateral, and it mimics the heart beat, which is very calming to the brain.

Focusing Breaks

Thumb Pinkie Switch

Midbrain



- Put your right hand out in front of your body and give thumbs up.
- Then put your left hand out next to it, and stick only your pinkie out.
- Swap back and forth which hand has a pinkie out and which one has the thumb out.
- See how quickly you can do it.

Focusing Breaks: Chime Focus Stand

Midbrain/Limbic

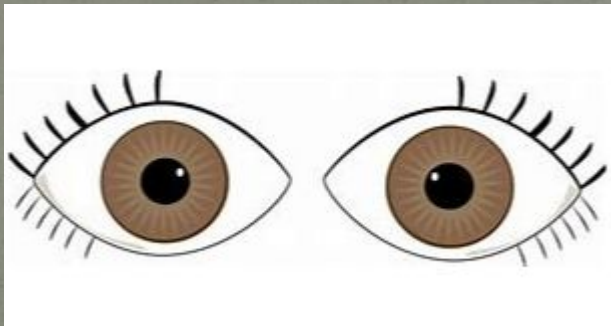
- Silent class (sitting)
- Play a chime or bell
- Stand when you can no longer hear the sound
- Option: try with eyes shut



Focusing Break

Scissor Winks

Simultaneously wink your right eye and, using your pointer finger and middle finger to make a pair of scissors, scissor snip with your left hand once. Then switch, and wink your left eye while scissor snipping with the fingers on your right hand. Try to repeat this routine ten times in a row.



Focusing Breaks - Silent Line Up

Limbic

- Tell your students to line up according to your instructions but without verbally communicating to each other.
- Some ideas for how to order them are: height, birthday, alphabetical order for first, middle or last name, etc
- This helps students to work with one another and makes them a little more aware of the power of their nonverbal communication.

Energizing Breaks

Upper Grades
Switch-Change-Rotate
Limbic



- “Switch”
- “Change”
- “Rotate”

All Grade Levels
Dance Party
Mid-Brain



3 minute
“Dance Party”

The Double Clap

- Clap a patterned clapping progression with the class, like two claps in front of your chest, then two claps on your lap, two foot stomps, then one clap in front of your chest to finish. Any progression is good, this is just an example. Then allow students to take over or add claps/moves if appropriate. Then to stretch the brain, have them do it backward



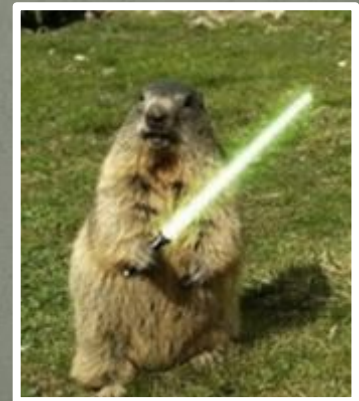
The Blowout

- In a standing position, take a deep breath as you raise your arms above your head. On the outbreath, drop to the ground and release your breath.



The Jedi

- Two firm claps
- Pull apart w/fingers and take two deep breaths
- Press palms together and take two deep breaths
- Hands at sides, deep breath and hold arms up to fill the balloon, hold...then release
- Two firm claps



The Countdown

Heartbeat

- Using your right hand, left hand, right foot, then left foot, to count down.



EQ Schools and Play!

Roni Habib

- 1,2,3/snap, clap, stomp! Woo Hoo!

- 1= snap



- 2= clap



- 3= stomp

