

Article

By Melinda Bossenmeyer, Ed.D.



250 Teacher Created Brain Breaks

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BRAIN BREAKS



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Brain Breaks: Basic and Supercharged

Purpose of Brain Breaks

Well designed Brain Breaks accomplish three purposes: 1) they refresh students, 2) they refocus students for learning and 3) they re-energize students.

Every teacher has experience the glazed look from students who basically need a break. When kids get tired or bored, they tend to check out. Once kids begin to check out-- they are no longer learning!

Basic vs Super Charged Brain Breaks

A basic "brain-break" is a 2 or 3 minute break away from the topic currently being taught combined with a movement activity. The best kind of a brain break is a Super Charged Brain Break which entails a movement activity linked to an academic concept. Super Charged Brain Breaks have a double punch by reinforcing an academic concept and introducing a new movement concept or exercise.

Physical Activity and Health Benefits

Brain Breaks have another important benefit. They can contribute to the recommended daily amount of 60 minutes of physical activity as recommended by the Centers for Disease Control and the National Association of Sports and Physical Education.

"Brain Breaks work by getting children moving physically which increases the blood flow by bringing more oxygen to the brain and leads to better concentration. Well developed Brain Breaks can help students stretch, develop flexibility, improve coordination and gain focus for the next lesson," according to the Action for Healthy Kids Organization.

Teacher Testimony

"My students LOVE these breaks, and they know that if we take a quick break, we have to immediately get back to work. I really think it helps keeps my kiddos engaged and I wish I would have started it sooner." [Adventures of Ms. Smith Blog](#)

The attached Brain Breaks were all teacher created and are available for free download by following the links provided. You will need to go to the website and sign in to download the free brain break sets. All in all there are approximately 250 FREE teacher created Brain Breaks in the packet.

Don't hesitate to visit the Peaceful Playgrounds Website to see our Supercharged Brain Break activities called our 2-Go Games **Brain Break Activities**. The set Includes (6) 2-Go Game Rugs and 180 table game cards. Game rugs integrate academic concepts while getting children moving.

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- 1. Brain Break Activity Sticks**- Billed as activities for any classroom K-5 the packet of free downloadable Brain Breaks includes: labels and **27 activities** with descriptions. For example: *Seat Switch* in which students have 10 seconds to sit in someone else's chair. They then check the last problem that the person did. They then have 10 seconds to return back to their chair. Designed by Rachel Horn of the [Keep Calm and Teach on Blog](http://www.teacherspayteachers.com/store/rachel-horn-8177). The Activities can be downloaded at:



<http://www.teacherspayteachers.com/store/rachel-horn-8177>

2. Brain Breaks Elementary Students

This document has 40 brain breaks with descriptions included to print and use in the classroom. It is suggested that you

lie toe toe	macarena
would you rather...	spin
push ups	jumping jacks
dance party	high cinque
rainstorm	zoom!

print on card stock. Example: *Would you rather game*.

<http://www.teacherspayteachers.com/Product/Brain-Breaks-for-Elementary-Students--284717>

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- 3. Brain Break Cards by Carmela Brown.** You can follow Carmela on her blog at :



[Diary of a Teachaholic.blogspot.com](http://DiaryofaTeachaholic.blogspot.com) Example: *Now We're Moving*- Whenever the children move today, they should be assigned a specific method for their movement. Either you choose or you could use the children's ideas ie. Walk in Slow Motion or Skip. There are **52 Brain Break** activities in the set.

Download the Brain Break Card Set here:

http://www.teachersnotebook.com/product/carmela_b/brain-breaks

- 4. Brain Breaks Cards by Pretty Little Pictures.** The creator said, "After scouring



the internet for tons of different brain break ideas, I compiled my favorites, typed them up and made them into individual cards. I then laminated them and cut them out to have on hand." Example: Talk-Talk. Two students stand opposite each other. Say, "Ready, Set, go" and they each continuously talk. First person to pause is out. You can download the free set of **40 brain break cards** here:

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<http://www.teacherspayteachers.com/Store/Pretty-Little-Pictures>

5. **[Brain Break Cards by Michele Oakes](#)**. Michele's materials state, "brain breaks are simple activities and movements that will create opportunities for the whole brain to learn. Just print and cut and they're ready to use with your class immediately. The set includes **32 Brain Break Cards**. Example: *Jump in Place 10 times*.



Download cards at:

<http://www.teacherspayteachers.com/Product/Brain-Break-cards-292373>

6. **[Brain Breaks by Jamie Skrip](#)**. Jamie says, **35 fun, quick and easy activities** that will get your kiddos (and their brains) movin' and grovin'! Set includes labels, Brain Break circles cards to add to a popsicle stick and prop brain break circles in a can for students to choose from. Example: *Silent Ball-Shhh*. If you talk you're out. Free Download is here:



<http://www.teacherspayteachers.com/Product/Brain-Breaks-Break-it-Down-with-35-Fun-Quick-and-Easy-Brain-Break-Activities-573397>

7. **[Brain Breaks by Being Inspired](#)**. There are 5 different types of brain break activities. Math, Movement, Literacy, Pulse Raisers and Random. The Set includes **18 Brain Breaks** to create by using a popsicle stick. Example: Open Mic. Pick a few students at random to tell a joke, sing a song, or do a dance etc. You can learn more at the <http://beinginspired-blog.blogspot.ie> Or download the free set of brain breaks at: <http://www.teacherspayteachers.com/store/being-inspired>



8. **[Brain Break Tokens by Lindsay Angell](#)**. Titled front and descriptive back so you never have to leave instructions on how to conduct the different activities for a sub! Just match up front and backs, glue together, and your brain break jar is ready to go! If you want them to last a really long time, laminate them and use them year after year. Set includes **24 Brain Break Tokens**. Example: 4 Corners- Students travel to a corner and a number is called (1, 2, 3, 4). If your number was called you sit down.



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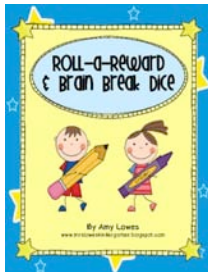
Continue until 1 person is left standing. Download your set of Brain Break Tokens here: <http://www.teacherspayteachers.com/Product/24-Brain-Break-Tokens-303750>

9. **Exercise ABC's**- By Lauren Konarek . A letter of the alphabet represents an exercise. Example: "A" make circles with your Ankle. Bb Balance on one foot..... Sample set of **4 cards** worthy of mentioning. [Exercise ABCs](#) This is a fun way to get students moving while at the same time practicing letter recognition. Laminate and cut out these cards to use as brain. Download the sample set here:



www.teacherspayteachers.com/Product/Exercise-ABCs-278870

10. **Roll-A-Reward & Brain Break Dice** by Amy Lowes. Looking for an incentive system for your classroom? **12 activities on 2 dice**. Roll-a-Reward dice are a wonderful way to motivate your students to have positive behavior, and can be used for both individual and whole-class rewards and a great way to get kids up and on their feet for brain breaks. Example: A folding dice with Listen to Music, 5 extra min. of recess..... Download here:



[http://www.teacherspayteachers.com/Product/Roll-a-](http://www.teacherspayteachers.com/Product/Roll-a-Reward-and-Brain-Break-Dice-662270)

[Reward-and-Brain-Break-Dice-662270](http://www.teacherspayteachers.com/Product/Roll-a-Reward-and-Brain-Break-Dice-662270)