

Villegas Middle School
September 18, 2018



Brain
Breaks

What are brain breaks?

Brain breaks are quick, whole-class activities that give students a mental and physical break.. Students can stand up, stretch and move. Whether calming or energizing, brain breaks:

- Refresh the brain and body so students feel alert
- Refocus students' attention so they're ready for more productive and engaged learning.
- Give students a safe and structured way to connect with peers and teachers



**KEEP
CALM
AND
TAKE A
BRAIN BREAK**

Crossing the midline

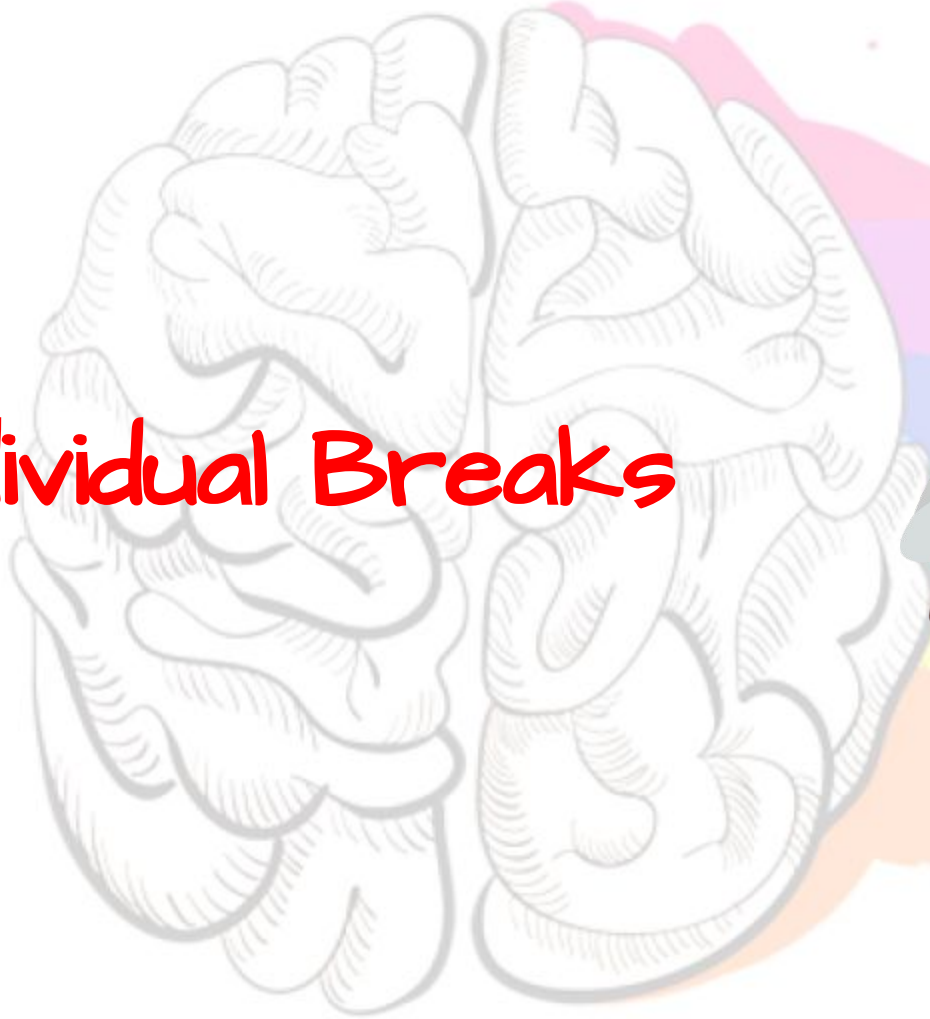
Each side of our brain is responsible for the opposite side of our body, so that the right side of our brain affects the left side of our body and the other way around. Both sides of our brain need to work together, as do both sides of our bodies, in order to carry out bilateral activities (using two sides together) and to develop coordination. Learning to cross the midline of our body is therefore important in the development of bilateral co-ordination.

Midline activities are important to help coordinate the two sides of the body together and encourage communication between the right and left sides of the brain.



Almost all brain breaks involve some type of movement and many will focus on crossing the midline. It could be as simple as just stretching your muscles. Getting your body to move after sitting for a long period of time is refreshing and brain breaks give you renewed energy.

Individual Breaks



Ear Nose Switch



- 1. Take your right hand and grab your left ear. Keep your right arm close to your body.**
- 2. Now take your left hand and touch your nose.**
- 3. Uncross your arms and move your left hand to your right ear and your right hand to your nose. Your left arm should now be closest to your body.**
- 4. Switch back and forth as fast as you can.**

Hands Brain Break

This Brain Break seems simple. However, you will find out soon that you will have a hard time mastering it.

1. Start by waving your right hand in front of you left to right. Your palm should be facing away from you while keeping your hand with your fingers pointing up.
2. Now stop that hand and have your left hand in front of you waving it up and down.
3. Now practice moving them at the **SAME TIME**. Do not move your hands going diagonally.
4. Now switch to have your right hand up and down and your left hand left and right. Do this faster and switch often to make it more difficult.
5. Lastly, to increase the difficulty, have your arms crossed while doing this.



I Bet You Can't...



1. Spin your right foot in a clockwise direction.
2. Take your right hand index finger and draw the outline of a 6 in the air.

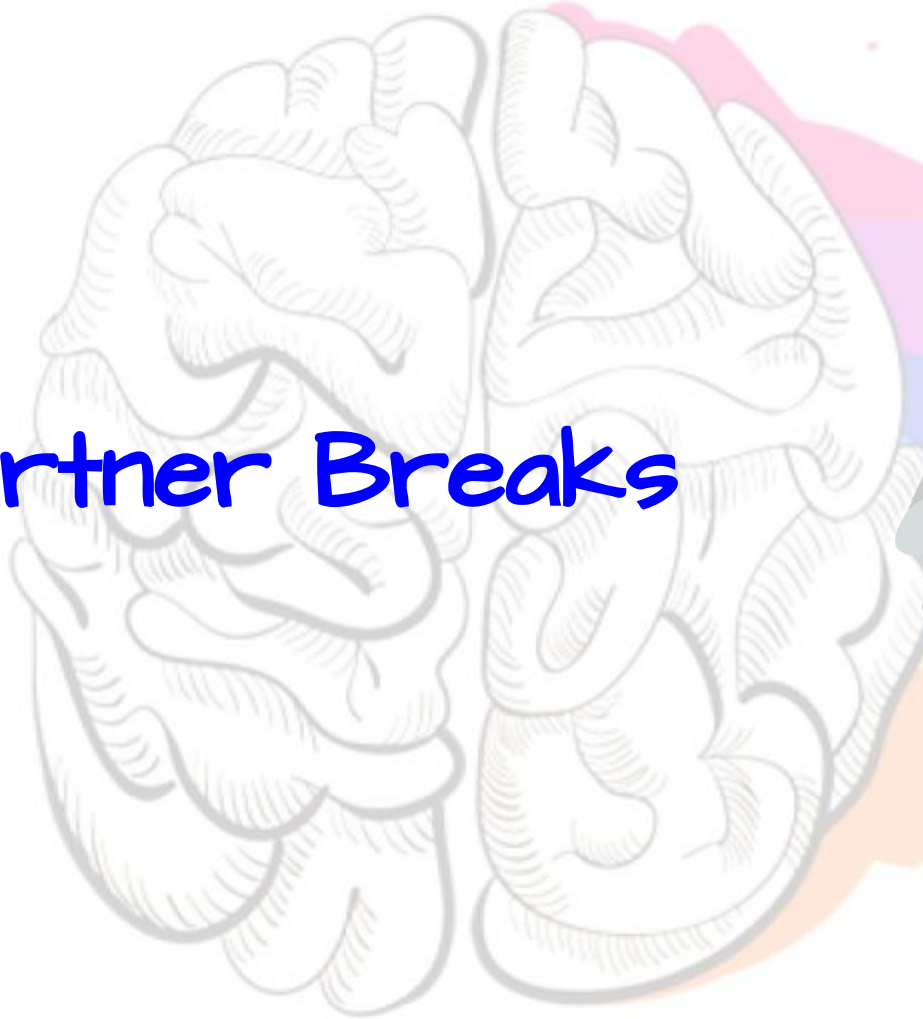
Hands Brain Break

This activity will be taking a piece of paper and making a figure eight pattern around your legs.

1. Find a piece of paper and stand up.
2. Grab the paper with your right hand.
3. Now pass the paper around your legs in a figure eight pattern. You will have to grab and release the paper each time around a leg. Try to do this as fast as you can.
4. At some point change directions. Try not to look at the paper.



Partner Breaks



Criss-Cross Fingers

1. Find a partner
2. Decide who is partner A and who is partner B.
3. Partner A: clap your hands together and miss, turn your thumbs down, clasp your hands together, and scoop your hands down/up towards your body.
4. Partner B: Point to one of Partner A's fingers (DO NOT touch the finger)
5. Partner A: Try to move the finger
6. Switch roles.



Rock, Paper, Scissors, MATH

1. Stand up and find a group of 3-4 people.
2. Hold one hand flat and make a fist on top.
3. Together recite, "rock, paper, scissors, MATH".
4. On MATH, hold out 1-5 fingers.
5. The first person to multiply all numbers wins the round!

*This can also be done in pairs using 2 hands and holding up 1 - 10 fingers.



Handshake Break

- **Side five right hands, side five left hands**
- **Fist bump right hands, fist bump left hands**
- **Hammer right hands, hammer left hands**
- **Now crossing arms do a high ten**
- **Double fist bump**
- **Lastly, a regular high ten**



Group Breaks



Rock, Paper, Scissors, MATH

1. Stand up and find a group of 3-4 people.
2. Hold one hand flat and make a fist on top.
3. Together recite, "rock, paper, scissors, MATH".
4. On MATH, hold out 1-5 fingers.
5. The first person to add up all numbers wins the round!

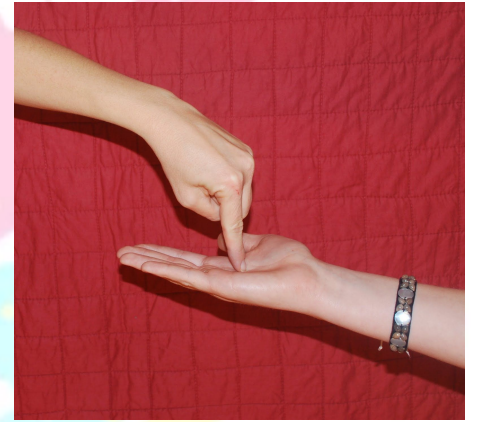
*This can also be done in pairs using 2 hands and holding up 1 - 10 fingers.



GOTCHA!

Purpose: Try to grab another person's finger on one side of you, while at the same time avoid being grabbed by the person on the other side of you.

1. Stand up and get into groups of 3-10 people.
2. Form a circle with your group.
3. Each person should hold out their left hand with their palm flat and facing up. Now take your right hand index finger and point it directly into the palm of the person to your right.
4. When the instructor says "Gotcha", you are to try to grab the person's finger that is in your palm, and at the same time avoid being grabbed by the person you are pointing to.
5. Repeat with your arms crossed.



Resources

<http://brainbreaks.blogspot.com/>

<http://www.backupcare.org/blog/18-blogs-explain-brain-breaks-and-why-they-are-important/>

<https://drive.google.com/file/d/1YhcORlv53GtzVv18qGyycozvjcOhcfJ0/view?usp=sharing>

<https://www.gonoodle.com/>