

Brain Breaks

Hey Seniors and Middle School Students! I hope your remote learning is going well. What's your favourite part about learning at home?

Your brain works very hard on the learning activities you're doing. Learning is a very important job! But did you know that it's important to give your brain a break sometimes? This can actually help you learn even *more effectively*.

A **Brain Break** is:

- leaving your school work for a short time (5 mins)
- moving your body enough to really wake you up

A **Brain Break** will make you feel more alert and ready to concentrate on the next learning activity.

Taking a **Brain Break** between each learning task will help to keep you energised for the day.

Take a **Brain Break** every 30 - 40 minutes, or when you've finished an activity.



I'M TAKING A BRAIN BREAK!

See next page for some ideas for some things you can do when taking a **Brain Break**

Choose one of these and do 50 of them as fast as you can:

- **Skip** with a skipping rope - or pretend you have one!
- **Star Jumps**
- **Jog** on the spot
- Do big **jumps** on your trampoline if you have one.
- **Boxercise** - put a pillow on the floor and punch into it right and left.
- Go outside and **bounce a basketball** as fast as you can.

Or:

- go outside and run laps around the backyard or the house for a 2 or 3 minutes.
- put on your favourite song and dance along.

This is enough to get your blood flowing around your body and make you feel energised.

You might feel a bit out of breath for a few minutes!

Taking deep breaths will help clear your mind, and make you feel relaxed and ready for the next activity.

What's your favourite way to take a brain break? Maybe you have a different idea for a brain break? Please send in your ideas or photos of you taking your brain break. Have fun!

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