







































Choose a Brain Break

TITLE	REFOCUS	RECHARGE	IN BRIEF	PAGE
Air Writing			Write in the air to slow down and focus on the present moment.	14
Alive Times Five!			Do a simple chant and invigorating movements.	15
And Don't You Forget It!			Recall information and listen closely with this speedy memory game.	16
Beach Ball Toss			Toss a beach ball for a low-key way to move—and practice academic skills.	17
Body Drumming			Create the sound of a drum orchestra by rhythmically stomping and clapping.	18
Calming Moments			Ease tension and relax with deep breathing and gentle motions.	19
Double This, Double That			Do this upbeat hand-tapping sequence with partners to refresh classroom spirits.	20
Do What I Said, Not What I Say			Stay one action behind the leader for a stimulating version of Simon Says.	21
Elevens			Try to total eleven in a fast-paced game of chance.	22
Encore Brainwriting			Brainstorm song titles; then sort them with a group and make personal connections.	23
Fidget Family			Get rejuvenated through lively actions with this quirky, read-aloud story.	24
The Four Elements			Quiet body and mind with peaceful words and motions.	26

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Group Charades			Incorporate vocabulary practice into a classic guessing game.	27
Hands Up!			Quickly recall information while clapping and chanting.	28
Have a Ball			Mimic how the leader tosses and catches a paper ball.	29
Humdingers			Hum one of four songs while seeking others who are humming the same song.	30
Imagine This			Build a detailed mental image through guided meditation.	31
Interruptions			Unwind by making punctuation sounds as a poem or passage is read aloud.	32
In the Bag			Visualize “balling up” excess energy or worry and “throwing it away.”	33
Just Like Me!			Make personal connections by seeing who responds to the leader’s statements.	34
Let It Rain			Imitate storm sounds—high energy of thunder, calmness of rain.	35
Love It or Leave It			Learn about each other as everyone practices “on the spot” decision-making.	36
Ma Zinga			Build up and then release energy with a team cheer!	37
Mellow Echo			Follow simple motions to focus on the present moment.	38
Metaphorical Connections			Make creative connections between everyday objects and academic content.	39

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Mirrors			Mirror a partner's calm movements to slow down body and mind.	40
Never-Ending Word			Think and respond quickly with this fast-moving word game.	41
No Way!			Take turns changing parts of a sentence with this version of Telephone.	42
Number Freeze			Work together to get a specified number of people standing at the same time.	43
Password			Brainstorm synonyms for a chosen word in this classic TV show spin-off.	44
Peaceful Reading			Listen to soothing words read aloud.	46
Picture This			Envision a favorite activity to relax and create a positive mood.	48
Pros and Cons			Take turns quickly listing pros and cons of a topic with a partner.	49
Relax, Breathe, Repeat			Ease mind and body with deep breathing and slow movements.	50
Shake It Down			Follow the leader's rhythmic actions to release tension and boost alertness.	51
Shanti Om			Chant while repeating simple motions that promote a "peaceful state of being."	52
Silent Card Trade			Create tranquil mental images from words or photos.	53
Silent Quotes			Silently find the person who has the other half of a quote.	54

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Snap Wink			Practice hand-eye coordination—simple yet challenging.	55
Solar Power			Visualize the warmth and energy of the sun.	56
Soothing Sounds			Calm the mind by imagining a soothing sound.	57
Switch			Alternate thumbs up and finger pointing to challenge the brain.	58
Three-Person Machine			Team up and pantomime machines.	59
Transformation			Transform into different beings in this version of Rock-Paper-Scissors.	60
Twisted Brain			Follow the leader's twisty movements to rejuvenate body and mind.	61
Watch It			Keep multiple balls moving around the circle—everyone pay attention!	62
Which Direction?			Act as a "human compass" that turns in the direction the leader commands.	63
Woosha			Try to choose different poses than the leader's in an upbeat guessing game.	64
Word Storm			Recall topic-related words as quickly as possible.	65
Zoom			Send the word "Zoom" swiftly around the room.	66