

Brain Breaks

Brain breaks are short moments of rest for your brain to help recharge and refocus afterwards. These alerting activities have clear beginnings and ends. Engaging large motor muscles gives a break from fine motor tasks (and screen time), and making some noise encourages deeper breathing. Many kids respond well to breaks that engage senses not often used during seat work: smell, taste and touch (textures).

Adjust the minutes or repetitions as you see fit, but remember to keep brain breaks short and make a clear beginning and end so your child knows when it's time to be done. Leaving it open ended is likely to result in frustration when they're redirected back to a task.

As much as parents may be needing time to get their own work done, joining your child for a 3-4 minute brain break can give you the same mood-boosting benefits plus your child will love having that playtime with you during the day! ♥

Be well,
Diana

<p>DANCE PARTY</p> <p>PUT ON 2 FAST SONGS AND DANCE & WIGGLE IT OUT!</p>	<p>Slime / putty</p> <p>5 minutes of squishing, popping, stretching some slime</p>	<p><i>Jump rope</i></p> <p><i>Indoors (if you have room) or outdoors, spend a few minutes jumping rope to music or without</i></p>	<p><u>Boom Chicka Boom</u></p> <p>Goofy camp songs with movement. There are lots of options, but this one gets good giggles.</p>
<p>FaceTime</p> <p>A quick video chat with Uncle Mike or Gramma Sue can make a great break!</p>	<p>Hula hoop</p> <p>Inside or out, do waist hooping or try out hooping on your ankle or arm!</p>	<p><i>Calisthenics</i></p> <ul style="list-style-type: none"> • 10 jumping jacks • 5 push ups • Run in place for 1 minute 	<p>Kitchen helpers</p> <p>Close to snack time? if age appropriate, chop some carrots or celery and eat a c-r-u-n-c-h-y snack.</p>
<p>Record time</p> <p>Go for 1 minute each:</p> <ul style="list-style-type: none"> • hop on 1 foot • Hop on other foot • jog in place 	<p><u>Tooty Ta</u></p> <p>It is more screen time, but once kids do it a couple of times you can do it without the video to cue you.</p>	<p>Limbo</p> <p>If you have a stick Broomstick? Yardstick? Tension rod?), three people and some room,</p>	<p>HOKEY POKEY</p> <p>AN OLDIE BUT A GOODIE. IF YOU NEED A REFRESHER, <u>Here</u> YOU GO!</p>

<ul style="list-style-type: none"> • jumping jacks 	Best for younger kids.	try the limbo!	
<p>Scribble Game</p> <p>With eyes closed, scribble until your partner says to stop. Your partner makes a drawing out of your scribble. Switch.</p>	<p>Freeze Dance</p> <p>Just like <i>Dance Party</i>, but stop the music every now and then and everyone freezes until it restarts. This is great self-regulation practice!</p>	<p>Charades</p> <p>Each participant gets two turns to keep it short. Choose a category, like sports or daily activities and have fun!</p>	<p>Fresh Air</p> <ul style="list-style-type: none"> • Run around the house 2 times • Go get the mail • Run to the end of the driveway & back
<p>Hi Joe!</p> <p>Maternelle kids enjoy this Hi, My Name is Joe! Video dance. It's another self-regulation skill builder!</p>	<p>Yoga</p> <p>Do a few long, strong yoga poses or try Jaime's Brain Breaks (Jaime's Cosmic Kids Yoga is a great place for a longer yoga session!)</p>	<p>Sports Drill</p> <p>Play a game of HORSE or shoot from a single spot for 3 minutes. Scooter/ figure 8's in the driveway, do cartwheels on grass...</p>	<p>Furry Friend</p> <p>Play a quick game of catch with the dog, brush the cat, or curl up and enjoy a good snuggle.</p>