

Dear Briarwood Families,

As we start to settle into the school year, we may all be finding ourselves sitting in front of the computer for longer periods of time. After several periods of sitting in front of Zoom, your student may find it hard to focus, experience eye strain, or stiff and sore muscles. This “Zoom fatigue” can be caused by a number of different factors. Following conversations and receiving information on Zoom takes more of our attention than a typical class period or conversation, and after a few class periods, our brains are understandably fatigued! One of the best ways to help combat this is to take brain breaks.

Brain breaks are any times during the day when you are able to disconnect from classes or school work and do something physical. It is a way to let your brain rest and help your body take a break from whatever position it is holding during Zoom calls. This can look like stretching or doing jumping jacks in between classes, or getting up to walk around whenever possible. Utilize any breaks between classes to step away from the computer and give your brain a break! Below are some ideas for what you and your student can do to take brain breaks during the day.

Elementary:

- [Brain Breaks - Action Songs for Children](#) (4:00)
- [GoNoodle Featuring Trolls: Can't Stop the Feeling](#) (3:21)
- [Fitness Break Movement](#) (5:23)

Secondary:

- [Break with a partner](#) (6:12)
- [Brain Break Cardio Kickboxing](#) (5:52)
- [Student Project - Zumba Fitness Routine](#) (3:09)

Take care,

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