

ACTIVITY BREAKS IN THE CLASSROOM



Brain Breaks, Energizers, Brain Boosters... research consistently emphasizes the relationship between physical activity and health; and, it is equally clear how activity influences cognitive performance. Short, frequent, manageable bursts of movement (stretching, cardio, muscle building) can easily be included in the classroom to help students stay focused and wake up, and generally change the mood of the room.

DVUSD Wellness

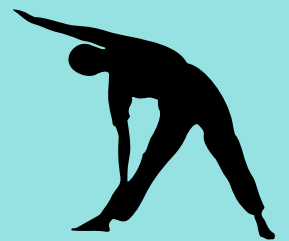
1 IMPROVE ACADEMIC SUCCESS

"Classroom-based physical activity provides a viable approach to improve [...] cognitive function, and ultimately academic achievement." (*Classroom-Based Physical Activity, Cognition, and Academic Achievement; Elsevier, 2011*)



2 IMPROVE SCHOOL ATTENDANCE

"Heavier children have greater risk for school absenteeism than their normal-weight peers." (*Relationship Between Weight and School Attendance, Obesity, 2012*)



3 REDUCE DISCIPLINARY PROBLEMS

Classroom-based physical activity breaks have shown to reduce rates of off-task behavior and inattention. (*Implementing Classroom Physical Activity Breaks, Elsevier, 2015*)

4 IMPROVE CONCENTRATION

Cognitive function (including memory and concentration), along with academic achievement, is improved by regular physical activity. (*Classroom-Based Physical Activity, Cognition, and Academic Achievement; Elsevier, 2011*)



5 IMPROVE MOOD AND ATTITUDE

Physical activity can be described as a "mood stabilizer". Regular movement reduces the impact and frequency of depression and anxiety. It provides opportunity to have fun, relax, reduce stress, and make new friends. (*Why is Physical Activity Important, MyPlate*)



6 REDUCE RISK OF OBESITY

Childhood obesity rates keep increasing. Cardiovascular disease, type 2 diabetes, and some types of cancer often occur in people with high BMI. Poor diets and inadequate amounts of physical activity are viewed as the primary causes. (*International Journal of Behavioral Nutrition and Physical Activity, 2012*)



7 IMPROVE HEALTH AND WELLNESS

Physical activity can be described as "preventative medicine". Regular activity can improve: sleep quality, the ability to move, weight maintenance, muscle and bone strength, and it can also reduce risk of chronic diseases. (*Why is Physical Activity Important, MyPlate*)

8 HELP DEVELOP LIFELONG HEALTHY BEHAVIORS

Changing habits later in life is much harder than developing healthy habits when young. Schools are in a unique position to regularly integrate healthy behaviors into the school day. Students are provided a strong foundation of health to build upon. (*Changing Your Habits for Better Health, NIH*)

