

BRAIN BREAKS

Chrissy Cruickshanks and Christina Miller

SILENCE VARIATIONS

★ Silence

(<http://www.montessoriworksblog.com/2014/04/25/montessori-silence-game-variations/>)





Movement, or physical activity, is thus an essential factor in intellectual growth, which depends upon the impressions received from outside. Through movement we come in contact with external reality, and it is through these contacts that we eventually acquire even abstract ideas.

— *Maria Montessori* —

AZ QUOTES



WHY BRAIN BREAKS?

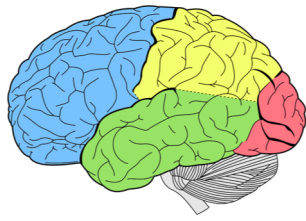


Most students are in school for 7-8 hours a day.

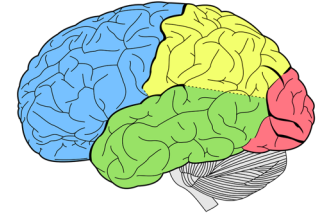
Maximum learning happens in intervals of 10-30 minutes depending on the student's age.

Giving students breaks are a way to improve absorption and understanding of new learning.

Brain breaks also help students with sensory, social-emotional, and mental health.



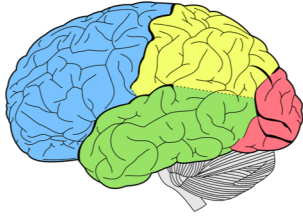
BRAIN BREAK RESEARCH



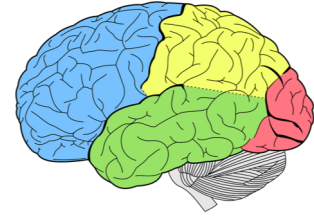
A 2009 study published in Preventive Medicine entitled Physical Activity Across the Curriculum studied a random controlled group of second and third graders.

“The classroom physical activity breaks were reported to be fun and easy to do and did not interfere with learning as shown by higher test scores than were found in the control group.”¹

“Physical activity was integrated into lessons and teachers participating in the activity made a positive impact, as those students were observed to be more active.”¹

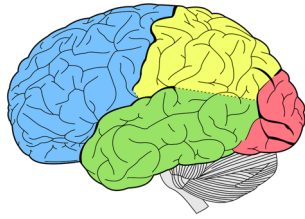


BRAIN BREAK RESEARCH

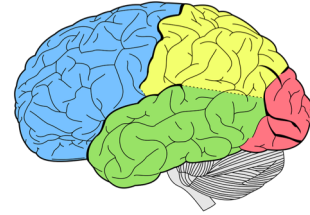


A 2015 study by Hilman, Erickson, and Kramer, emphasizes the following points:

- “-Physical activity is an effective method of capitalizing on **brain plasticity**.
- Some brain areas and cognitive domains are more consistently influenced by physical activity than others.
- Physical activity improves cognitive function through a host of different pathways.
- Increasing physical activity and fitness is a promising approach to enhance brain and cognition in children and older adults.”₂



BRAIN BREAK RESEARCH

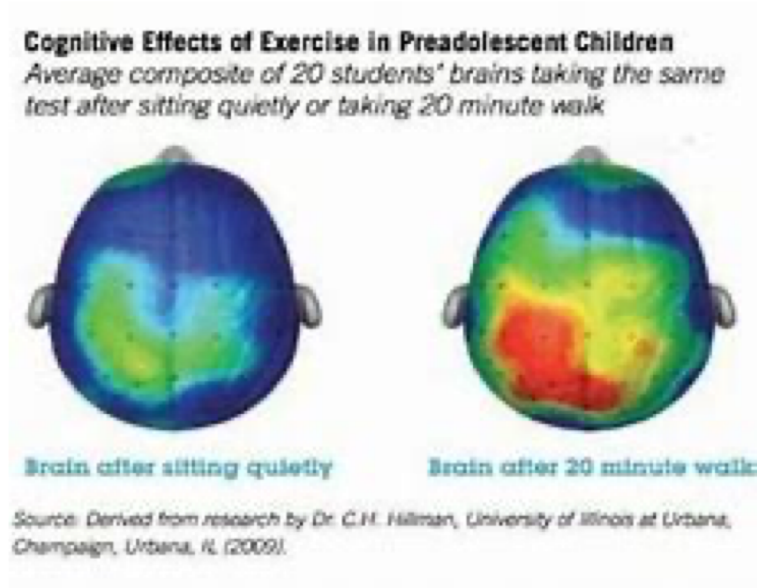


Gonoodle even sites research from Hillman's 2009 study on their site.

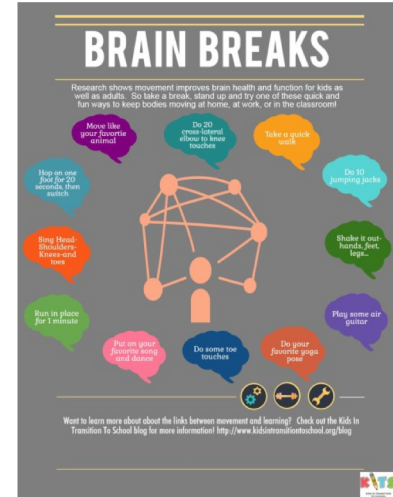
<https://www.gonoodle.com/blog/neuroscience-for-teachers-applying-the-research/>

BRAIN BREAK RESEARCH

Thermal Imaging Studies by Hillman and Kramer.



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<http://www.kidsintransitiontoschool.org/wp-content/uploads/2016/03/brain-breaks-infographic-480x627.jpeg>

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BRAIN BREAK IDEAS

- ★ Walking the line
- ★ Yoga
- ★ Peace area (kinetic sand, calming jar, Zen garden, etc.)
- ★ Work cycle observations
- ★ Gardening
- ★ Tricycles
- ★ Mini-trampoline
- ★ Sit and Spin
- ★ Water painting



BRAIN BREAK IDEAS

Crossing Midline Exercises

<https://holfamily.com/why-crossing-the-midline-is-key-to-your-childs-physical-and-emotional-development/>

<https://www.yourtherapysource.com/blog1/2018/11/17/crossing-midline-exercises-2/>



BRAIN BREAK IDEAS

Singing (youtube and gonoodle are great resources)

- Head, Shoulders, Knees, and Toes
- Waddaly Atcha
- Move and Freeze
- Boom Chicka Boom
- Body Boogie
- Shake Your Sillies Out
- Count to 100 with Jack Hartman
- Kindermusik



The Learning Station and Jack Hartman

The Sid Shuffle



BRAIN BREAK IDEAS



















Games


- Copy Cat
- Paper, Rock, Scissors
- Airplay (draw pictures in air...figure 8)
- Partner Draw (draw with finger on partner's back)
- Kickboxing (call out and do moves... jab, uppercut, hook, and cross)
- Simon Says
- Fidget devices



BRAIN BREAK IDEAS

Roll a Gross Motor Movement

	 Jumping Jacks	 Toe Touches
	 Wall Push ups	 Give Self a Hug
	 Hand Presses	 Run in Place
	 Jump	 Balance
	 Move Your Body	 March in Place
	 Arm Circles	





EDUCATORS' RESPONSIBILITY

It is our responsibility as educators to ensure that all students should have the opportunities to thrive and grow in learning. Educators have the responsibility to give students a love of learning.

Brain Breaks allow students a moment of refreshing their minds and bodies.

"Keep in mind that in our role as positive deviants--that is, as productive teachers and leaders who put students at the forefront of all we do--we must advocate for and behave with a mindset that puts students first."

--Regie Routman, Literacy and Leadership: Change That Matters

A silhouette of a child sitting and reading a book is positioned on the left side of the image. The background is a warm, golden sunset sky with soft clouds. The quote is written in a white, elegant script font across the center of the image.

"Within the child
lies the fate of
the future."

Dr. Maria Montessori

Carrots
are
Orange

WEBSITES TO VISIT

<https://www.thewatsoninstitute.org/watson-life-resources/situation/brain-breaks/>

<https://www.unicefkidpower.org/brain-breaks-for-kids/>

<https://www.edutopia.org/article/brain-breaks-restore-student-focus-judy-willis>

<http://www.montessoriworksblog.com/2014/04/25/montessori-silence-game-variations/>

Pinterest

RESEARCH NOTATIONS

1. *Physical Activity Across the Curriculum (PAAC): a randomized controlled trial to promote physical activity and diminish overweight and obesity in elementary school children.* Preventive Medicine. 2009.
1. *Physical Activity, Brain, and Cognition.* Current Opinion in Behavioral Sciences, vol. 4, 2015, pages 27-32.
2. <https://www.realmomnutrition.com/wp-content/uploads/2015/01/Brain-Scan.jpg>
3. <http://www.kidsintransitiontoschool.org/wp-content/uploads/2016/03/brain-breaks-infographic-480x627.jpeg>