

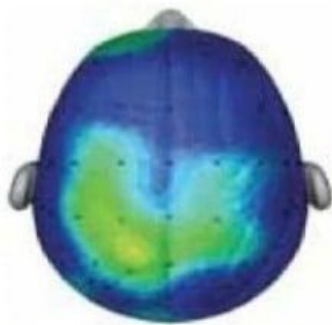
Brain Breaks. Why are they important?

Movement Breaks

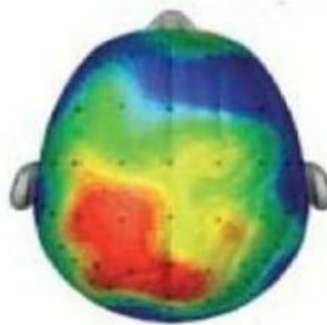
Expecting children to sit still during the school day has been a long time struggle for teachers. Now, students are in a different environment with many, many, many, distractions. Allowing our students to get up, stretch or move around flips the “on” switch in the brain. Movement breaks are short energizing bursts of activity that have been shown to boost blood flow, help kids better retain information as well as increase on-task behavior. Below is an image that shows just how much the brain lights up after only 20 minutes of walking.

Cognitive Effects of Exercise in Preadolescent Children

Average composite of 20 students' brains taking the same test after sitting quietly or taking 20 minute walk



Brain after sitting quietly



Brain after 20 minute walk

Source: Derived from research by Dr. C.H. Hillman, University of Illinois at Urbana, Champaign, Urbana, IL (2009).

Students should get regular breaks throughout the day and in many different ways. Going along with the Family Schedule you set up last week, your child's Brain Breaks should come after each activity or every hour. Take a look at some simple Brain Break activities for all ages.

Visit www.GrowingPlay.com/rollsomefun for the complete download.

ROLL SOME BRAIN BREAKS

Directions: Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and 10 windmills.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2 	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3 	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4 	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the	Make 10 large circles with your arms
5 	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6 	Run in place for a count of 15	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths

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HERE ARE SOME FREE MOVEMENT OR FITNESS VIDEOS TO USE FOR SHORT BREAKS, OR RECESS!

[Move to Learn Fitness Energizers:](#) More than 30 fitness videos for students K-8 with routines kids can do alongside their desks.

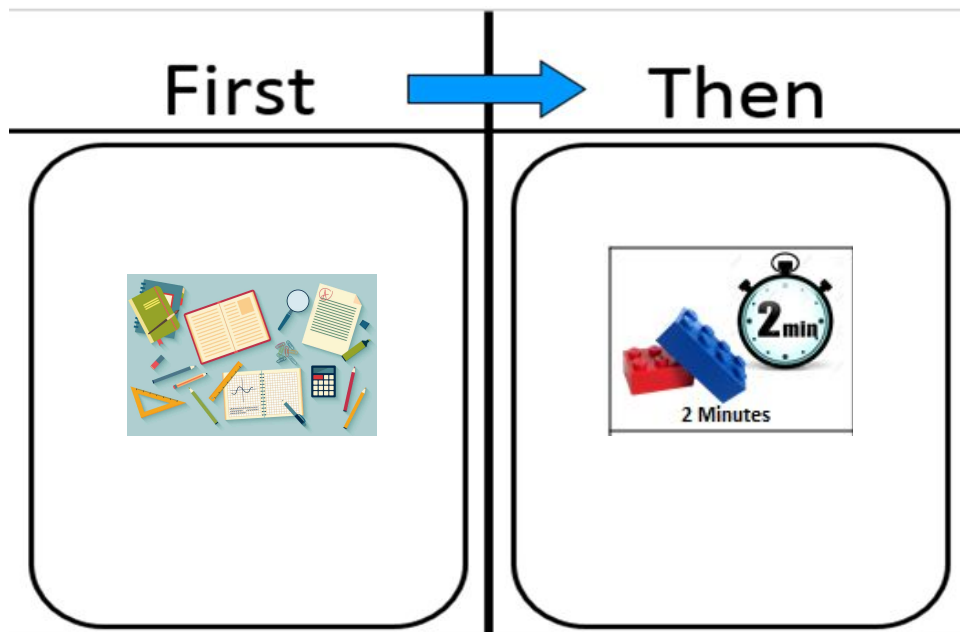
[Energizers for Grades K-2:](#) Ideas for incorporating academic concepts into physical activity, such as games that mix jumping and running in place with learning letters and numbers.

[Go Noodle Brain Breaks](#): Tons of free, short videos to get kids moving in the classroom, including short Zumba routines (my son's teacher uses these when they have indoor recess and he loves it!).










[Time for 10](#): Free 10-minute fitness videos featuring fitness experts and kids, with themes like kickboxing, core, and flexibility.

[Adventure to Fitness](#): Videos that incorporate physical activity and common core-aligned learning, like jogging (in place) through Yellowstone National Park. Free registration gives teachers access to some videos; more are available with a paid subscription.



Brain breaks are something that students need, and should not be skipped if they didn't "earn" them. Brain Breaks are different from rewards or incentives. Students should have the opportunity to either do more physical activity or a preferred activity after they've worked hard on a challenging assignment. Below are some samples of Reward Breaks, where your child may pick a preferred activity to do for their break in which they do for a set amount of time (5 minutes, 2 youtube videos or a music video).



Chill Pass

 2 Minutes	 2 Minutes	 2 Minutes
 5 Minutes	 5 Minutes	 5 Minutes
 10 Minutes	 10 Minutes	 10 Minutes

Break Cards

 1 Video	 1 Video	 1 Video
 2 Videos	 2 Videos	 2 Videos
  1 Song	  1 Song	  1 Song

Parent Tip

Remember parents, you set the tone for how your child handles stressful situations. One example that best describes our current situation is the turbulence scenario.

“Imagine that you’re on an airplane. Maybe you’re reading a book, watching a movie, getting some work done, or taking a nap. A typical flight. Suddenly, there’s unexpected turbulence. You feel the plane lurch, and your anxiety spikes. Then you hear the pilot’s calm, measured voice: ‘Hey, folks. We’re going to be experiencing some turbulence for the next 20 minutes or so. It’ll be a bit bumpy during this time, so I’m going to turn on the fasten seat belt sign and ask that you stay in your seats until we get through this rough patch. I’ve asked the flight attendants to hold off on serving food and beverages in order to keep the aisles clear, so thank you for your patience. I’ll be back with an update as soon as I have more information.’”- Lori Gottlieb.

Here, the pilot modeled self- control and regulation during a particular time where the situation was potentially dangerous and had many different outcomes. By regulating your emotions it doesn’t mean you are not worried. It means that you can be worried and also say

“Here’s what we’re going to do during the turbulence. We’re going to take extra precautions by staying in our seats and keeping the aisles clear, and we’ll ride this out together.”

We are all riding this plane together, and we *will* get through the turbulence. In the midst of schedule building, school work, house work, virtual meetings and rampant parent guilt of “I’m not doing enough”... please take a moment to fulfill your needs as well. Eat regular meals, get some sleep, call a friend, read a book or take a walk.

- Your SVUSD team

