

## Brain Breaks

As virtual learning becomes more routine you may be looking for some additional resources to keep your child engaged in their schoolwork and provide activities for down time. It is challenging for any student to stay focused for long periods of time, so it is important to take frequent “brain breaks” over the course of their school day.

A brain break is a short mental break that is taken during regular intervals during study time. Taking regular brain breaks can help students stay focused and attentive over a longer period of time. Brain breaks are usually limited to 5 minutes and work best when they incorporate physical activities.

As a general rule, it is recommended that students take a 3-5 minute brain break after 20-30 minutes of concentrated study. The frequency will vary from person to person and younger children will generally need breaks more frequently than middle and high school students.

Here are a few ideas:

- Go outside and run around your house 3 times
- Have a 3-5 minute dance party. Put on your favorite song and dance around the house. Make up your own choreography.
- Have a 5-minute Lego challenge. What can you build in 5 minutes?
- If you have access to a basketball hoop, take shots until you make 10 free throws
- Do 20 jumping jacks
- Make a nature sculpture and share a photo of it with a friend
- Color a picture
- Have a snack with a friend over Zoom
- Make a sculpture out of clay or play-doh
- Take turns with a family member or friend (over Zoom) drawing 2 minute portraits of each other. Show each other your masterpieces.
- Make a list of brain break ideas. Write your ideas on small pieces of paper and put them in a “Brain Break Jar”. Choose an idea from the jar when you need a brain break.

Here are some websites with more information and lists of great brain ideas:

- [ThoughtCo. Brain Breaks](#)
- [Brain Breaks and Focused-Attention Practices](#)
- [Ideas for 5, 15, and 30 minute Brain Breaks](#)
- [Distance Learning Brain Breaks](#)
- [Watson Institute Brain Breaks](#) (younger kids)
- [GoNoodle Good Energy](#) (younger kids)