








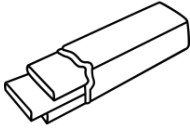

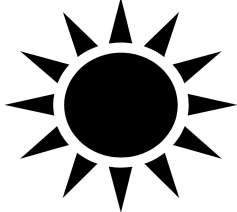
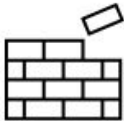




Energizing Brain Breaks Choice Menu for Students

			
Listen	<p>listen to upbeat music</p> 	<p>listen to a story</p> 	<p>call a friend</p> 
Move	<p>run, jump or dance</p> 	<p>Stretch or do short exercises (wall push ups, planks, crunches)</p> 	<p><u>Go noodle</u></p> 
Senses	<p>chew a piece of gum</p> 	<p>eat a crunchy snack</p> 	<p>go outside for fresh air</p> 
Create/Build/ Play	<p><i>play with legos or building something</i></p> 	<p>work on a craft</p> 	<p>play a quick game (Uno, a board game)</p> 

Calming Brain Breaks Choice Menu for Students

			
Listen	<p>Listen to a meditation Yoga Foster</p> 	<p>listen to a mindfulness story Like You Podcast</p> 	<p>listen to peaceful music</p> 
Move	<p>swing, bounce on a ball, or roll up in a blanket</p> 	<p>Yoga or stretch break</p> 	<p>go upside down, put legs up the wall</p> 
Senses	<p>hug someone or a pet/ stuffed animal</p> 	<p>playdough/ kinesthetic sand</p> 	<p>heated rice pack or splash water on face</p> 
Create/Build/Play	<p>coloring/ drawing</p> 	<p>Puzzle</p> 	<p>snuggle in a fort</p> 