



## Brain Break Time Allotments

*It is important to set up short breaks **before** the child is exhibiting a need for a break. They can be used in conjunction with goal setting.*

*Example:*

*As soon as you complete 10 minutes of work, you could then take a brain break.*

*As soon as you finish 3 math problems, you might want to take a brain break.*

*\*This is a range and varies based on the needs of each individual child. Each child may need more or less breaks than indicated below.*

	<b>How often ?</b>	<b>How long a break?</b>
Age 4	8-12 minutes	2-5 min.
Age 6	12-18 minutes	2-5 min.
Age 8	16-24 minutes	2-5 min.
Age 10	20-30 minutes	2-5 min
Age 12+	24-36 minutes	2-10 min

Source:

[https://docs.google.com/document/d/1T4RdcqysDTj9p-xz97\\_kZx-gh3Z9rq4u6YtRd9rQrkl/edit](https://docs.google.com/document/d/1T4RdcqysDTj9p-xz97_kZx-gh3Z9rq4u6YtRd9rQrkl/edit)

