



Brain Breaks During Learning Time: Whole Brain Learning

Why breaks?

Being on a computer and engaged in school heavily relies on using the left side of the brain. Students need to find opportunities to use the right side of the brain through movement and sensory experiences, to regulate and calm their systems.

	Auditory	Movement (Vestibular)	Tactile	Artistic/ Verbal
<p>Increasing Energy (sluggish mind)</p> 	<ul style="list-style-type: none"> ● listen to guitar or upbeat music of choice 	<ul style="list-style-type: none"> ● free dancing ● quick movements: jumping jacks, jumping ● <u>go noodle</u> ● run ● lift heavy boxes or other heavy objects 	<ul style="list-style-type: none"> ● <i>make snow angels on the floor</i> ● <i>eat a crunchy snack</i> ● <i>chew a piece of gum</i> ● <i>blow a whistle</i> 	<ul style="list-style-type: none"> ● <i>play with legos or building something</i> ● <i>play a quick game (uno, board game)</i> ● <i>call a friend</i>
<p>Focusing energy (distracted or anxious mind)</p> 	<ul style="list-style-type: none"> ● listen to peaceful music ● listen to a mindfulness story: <u>Like You</u> ● listen to a secular <u>meditation (apps)</u> 	<ul style="list-style-type: none"> ● <i>take a yoga <u>movement break</u></i> ● <i>swing</i> ● <i>bounce or roll</i> 	<ul style="list-style-type: none"> ● <i>squish balls, velcro, zippers</i> ● <i>hug a stuffed animal</i> ● <i>petting an animal</i> ● <i><u>Kinesthetic Sand</u> /play dough</i> ● <i>heated rice pack or warming pack</i> ● <i>weighted blanket</i> 	<ul style="list-style-type: none"> ● <i>coloring</i> ● <i>process Art</i> ● <i>drawing: <u>Tutorial</u></i> ● <i>do a craft</i> ● <i>puzzles</i> ● <i>build a fort</i>