



Brain Breaks for the Classroom

Healthy students are better on all levels of academic achievement: academic performance, education behavior, and cognitive skills and attitudes.

Implementing strategies that help kids stay healthy through nutrition and being physically active can result in: better attendance, fewer behavior problems and higher test scores and grades.



[JAM School Program](#)



[GoNoodle](#)



[Fuel up to Play 60 Activity Breaks](#)



Healthy Schools Program

[AHG Resources](#)

[AHG Videos](#)



[Let's Move! Resources](#)



[AHK: Brain Breaks](#)



[Move for Thought](#)



Quick Draw Math

1. Students pair up, face each other, hands behind back.
2. Using appropriate fingers, on the count of 3, both students will hold up their choice of number of fingers.
3. Students add all fingers. First one to say right answer gets a point.

Variations:

- use just one hand
- Challenge students to think of strategies to help them win (wiggle fingers, spread arms out wide, split fingers, units of 5/10/0)
- Multiple or subtract

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[Index Finger/Thumb Switch](#)

1. Stand up.
2. Point only the thumb up on right hand while pointing only the left index finger away.
3. Switch back and forth as quickly as possible for 1-2 minutes.

[Nose and Ear Switch](#)

1. Touch left finger to nose while you reach right hand through arm to pinch left ear.
2. Switch to right finger on nose while left hand pinches right ear. Continue to switch for 1-2 minutes.

Reports to share with others:

[The Wellness Impact Report for School Administrators](#) from [GENYOUth Foundation](#)
[Health and Academic Achievement](#) from [CDC](#)

[Toe Tapper](#)

1. Students pair up, face each other.
2. Tap right feet together once.
3. Tap left feet together 3 times.
4. Tap right feet together twice.
5. Continue 1-3-2 pattern as quickly as possible for 1-2 minutes.

[ABC 123](#)

1. Stand up.
2. Write letter A in the air while saying 1. Write letter B in the air while saying 2. Write letter C in the air while saying 3 and so forth.

More Resources!

[Get Movin'!](#) Activity break card set

[In School Activity Breaks](#) Three to five minute physical activity ideas for any classroom

[Eat Smart Move More](#) Energizers from North Carolina incorporating physical activity within academic areas

[Wichita Falls ISD](#) Variety of brain breaks for K-12 grades