

# BRAIN BOOSTS



Brain activating movements and rhythms stimulate and focus the mind. Try these activities to help re-engage the mind and support learning.

1

## Jog in Place

Stand up and jog in place.

2

## Snap Wink

Stand up. Wink left eye and snap with your right hand at the same time. Then wink right eye and snap with left hand. Switch back and forth as fast as you can.

3

## View a Video

Pick an online dance video and move! Try [www.GoNoodle.com](http://www.GoNoodle.com) or [www.FocusedFitness.org](http://www.FocusedFitness.org).

4

## Elbow to Knee

Seated or standing, touch left elbow to right knee ten times. Switch and touch right elbow to left knee ten times.

5

## Arm Stretch

Cross your arms at your chest, then stretch them out. Repeat several times.

6

## Ear and Nose Switch

Stand up. Take right hand and grab your left ear. Take left hand and touch your nose. Uncross arms and move left hand to your right ear, and right hand to your nose. Switch back and forth as fast as you can.

# BRAIN BREAKS



Simple mind and body challenges are great for refocusing attention and clearing the mind for learning.

1

## Flower Breath

Eyes closed, imagine smelling a flower. Breathe in slowly, fill your lungs with fresh air. Breathe out slowly; notice how you feel.

2

## Happy Memory

Close your eyes and remember a happy time. Where were you? What sounds, tastes, and smells do you remember?

3

## Magnetic Hands

Deeply breathe in through your nose and exhale out your mouth. Put your hands in front of you, shoulder width apart, palms facing each other. Pretend a magnet is slowly drawing your palms together. Bring palms very close until they almost touch. Slowly bring palms back out. Keep breathing and repeat.

4

## Balloon Breathing

Imagine your belly is a balloon. Breathing in, notice the balloon gets bigger as it inflates. Breathing out, notice the balloon gets smaller as it deflates.

5

## Dissolve a Thought

Breathe in deeply through your nose, then out through your mouth. Imagine each thought you have is a cloud above your head. As you breathe in, notice this cloud. As you breathe out, let the cloud dissolve. Repeat with each new thought.

6

## Five Finger Breathing

Slowly trace left hand with a finger from your right hand, starting at your wrist. Breathe in as you trace each finger up; breathe out as you trace your finger down. Switch hands.