

Classroom Energizers

Whether you call it a *brain break*, *instant recess*, *Take 10*®, or an *energizer*, using physical activity breaks in the classroom helps children be ready to learn and remember information better.



- Physical movement increases blood flow bringing more oxygen to the brain and leads to improved concentration.
- Brain breaks are especially helpful to energize a group after lunch and toward the end of the day or relax and calm a class before a test, but use them ALL YEAR, not just on testing days!

Links to Resources:

<https://www.gonoodle.com/> or <http://activeacademics.org/> or <http://www.davidkatzmd.com/abcfornfitness.aspx> Require log in, variety of examples for students of all ages

<http://www.minds-in-bloom.com/2012/04/20-three-minute-brain-breaks.html> Early Childhood/Elementary

<http://www.pinterest.com/pin/512425263823412050/> Examples for Middle/High School seated at desks or table

<http://brainbreaks.blogspot.com/> Ideas for Center Based Classrooms

<http://www.youtube.com/playlist?list=PL4E055E0CC73DD48A&feature=plcp> 5 minutes of video led activities with Paul Pierce and Alliance for Healthier Generation - appropriate for different age levels.

<http://www.actionforhealthykids.org/what-we-do/programs/game-on/about-game-on/get-involved/640-brain-breaks-and-energizers> Action for Healthy Kids collection of resources for different levels



Inclusion tips:

Some energizers are done from a seated position and some from a standing position and may need some modification based on the room set up. Some movement can also incorporate core academic concepts.

Energizers and Activity breaks are all done individually by all students in a class setting, therefore variations in body parts used, speed of movement, and number of repetitions can be easily adjusted for mobility limitations, low fitness students, and students with disabilities. Form and skill of the movement are *not* the focus; movement that increases blood flow is the goal.

Once classroom routines are established, the energizers and activity breaks will become familiar to all students.