

# Brain Break Choice Cards



### **STRETCH BREAK**

Take a few minutes to stretch your arms, legs, and neck. This will help relieve tension and increase blood flow to your brain.

### **BREATHING BREAK**

Take a few deep breaths and focus on your breath. This can help calm your mind and reduce stress.

### **SHORT STORY BREAK**

Reading or listening to a short story can be a great way to give the brain a rest and recharge for the next task or activity.

### **WALKING BREAK**

Take a quick walk around the block or around your school. This can help clear your mind and increase blood flow to your brain.



### **DRAWING BREAK**

Take a few minutes to doodle or draw. This can help stimulate your creativity and help you relax.

### **SOCIAL BREAK**

Take a few minutes to chat with a friend or colleague. This can help improve your social skills and reduce stress.

### **JOURNAL BREAK**

Take a moment to write down a few things you're grateful for. This practice can help you reduce stress and improve your overall well-being

### **COLORING BREAK**

Take our a coloring page and color for a few minutes. Coloring can be a relaxing and meditative activity that can help reduce stress and anxiety.



### PODCAST BREAK

Take bit to listen to a short podcast. Listening to a podcast can provide a mental break while also keeping the mind active and engaged.

### YOGA BREAK

Watch and follow along with a yoga video. Yoga breaks can help kids to release physical tension and stress, improve focus and concentration, and promote overall well-being.

### MINDFULNESS BREAK

Take a moment to listen to a meditation app. Mindful breaks can help kids to reduce stress and anxiety.

### MUSIC/DANCE BREAK

Put on your favorite song and dance around for a few minutes. This can help boost your mood and increase energy levels.





# Brain Break Resources

## Printables:

[Mindfulness Coloring Pages](#)

[Deep Breathing Printables](#)

[Yoga Poses for Kids](#)

## Online Resources:

[Storyline Online Read Alouds](#)

[Six Minutes GZM Podcast](#)

[The Mindfulness Teacher](#)

[Be Well Played Dance Breaks](#)

[Yoga PE - Mind | 12-Minute Yoga For Kids](#)

