

BRAIN BREAKS **CLiP** enable learners to... Community Learning & Innovation Partnership

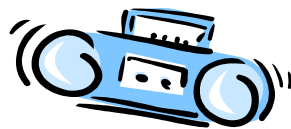
USE MOVEMENT TO
STIMULATE
NEUROLOGICAL PATHWAYS
AND
HELP BOTH SIDES OF THE
BRAIN
TO WORK TOGETHER



PREPARE FOR
LEARNING

BECOME CALM,
ALERT AND READY
FOR LEARNING

IMPROVE
CO-ORDINATION



IMPROVE
CONCENTRATION



Brain Breaks are a quick and effective way of changing or focusing the physical and mental state of the learners in your group. They are also a useful tool for students to use in their own revision to help activate, energise and stimulate their brains. Brain Breaks ideally should be interspersed throughout the training programme for full effect.



BRAIN BUTTONS

Make a U-shape with the thumb and index finger of one hand and place in the centre of your chest just below your collarbone. Gently rub this acupuncture point for 20 to 30 seconds while placing your other hand over your navel. Then change hands and repeat. Helps with clear thinking, keeping pace while reading and focus.

NOSE/EAR CHANGE

Hold your right ear with your left hand and then hold your nose with your right hand. Then switch so that you are holding your left ear with your right hand and your nose with your left hand. Try to speed up (without punching yourself!).

THE ELEPHANT

Place the left ear on the left shoulder, extend the left arm like the trunk of an elephant and, with knees relaxed, use your outstretched hand to draw a lying-down eight sign, starting from the middle and moving the hand upwards to draw the left 'bulge' of the eight first. Look down your arm at your hand while you're doing it. Switch after three to five signs. Helps with hand-eye co-ordination and focus.

EXAMPLES OF BRAIN BREAKS



CROSS CRAWL

From standing, begin to march in time. As you raise your knees touch them with the opposite elbow. Helps with reading, writing, listening, memory and co-ordination.

HOOK UPS

While sitting or standing, cross one ankle over the other. Cross the same-side wrist over the other and touch palms together, thumbs downwards. Interlace fingers and draw hands up towards the chest. Rest your tongue on the roof of your mouth so your jaw relaxes. Sit or stand this way for one minute, eyes closed, breathing deeply. Then change your feet and hands around and cross them the other way. Helps with stress, self-esteem and listening.

LAZY EIGHTS

Extend one arm in front of you with your thumb pointing upwards and draw a figure of eight that has fallen on its side - start by moving your hand upwards first. With the other hand again draw a figure of eight on its side but start by going downwards first. Then do both hands together.

MORE EXAMPLES OF BRAIN BREAKS



NAMES IN THE AIR

Use your preferred hand to write out your full name in the air. Use large movements and try to write your name forwards and backwards. Now use your other hand to write your name in both directions. Finally write your name with both hands simultaneously. If you are right-handed start with your hands in the centre and if you're left-handed start at the outside and work in.

RUB A DUBS

Pat your head and rub your tummy. Swap hands if you are good at it.

DOUBLE DOODLE

Take a large sheet of paper or use a board and chalk and draw large continuous and overlapping mirror shapes using both hands at the same time. Begin with large simple shapes like circles, eights, squares or triangles. Be aware of the mirrored movements and move on to more detailed shapes. Helps connect the left and right sides of the brain and is very relaxing .

ALPHABET EDIT

Alphabet Edit is a challenge. It is a very useful activity for clearing the mind of any baggage brought to the classroom that may be getting in the way of learning. It can be used for practising spelling and for learning the alphabet:

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
| L | T | R | R | T | R | L | L | R | T | T | R | L | L | R | T | L | R | T | R | R | T | L | L | L | R |

Alphabet Edit involves reading the letters of the alphabet aloud as a class or small group whilst completing the accompanying action.

- L is a left arm raise
- R is a right arm raise
- T is both arms together.

A further variation (and complication) is to accompany the arm raise with an opposite leg raise! You can make it as fast or as slow as you like or do the alphabet backwards! Alphabet edit helps hand-eye co-ordination and will improve visual, auditory and kinesthetic ability.



MORE EXAMPLES OF BRAIN BREAKS

THIS AND THAT

Verbal instructions - '**do this**' or '**do that**' - accompany physical actions, which your students have to emulate, or not. If your instruction is '**do this**' the students mimic your physical action. If your instruction is '**do that**' the students avoid mimicking your physical action and continue as before. This is a simple break state activity which helps develop listening skills.