

# Brain Breaks



**Please enjoy the below ideas for taking a “brain break”. Whether we need a movement or mind break, taking a break can help us with reducing stress, and it can help us regain our focus and attention.**

[Calm Playlist](#) - Enjoy listening to soothing nature sounds and music to help you relax.

[GoNoodle](#) - Get up and get moving activities

[Brain Games](#) - Maybe your type of break is playing a brain game or discovering something new

[Babble Dabble Do](#) - Maybe your type of break is doing arts and crafts, STEAM, or Science activities

[50 Brain Breaks For Kids](#) - 50 different ideas to explore!

[Beachbody Workouts for Kids](#) - If you need a physical break and enjoy exercise

[Kidz Bop](#) - This one's for you if you enjoy dancing

