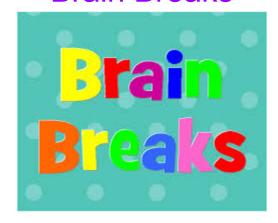
Brain Breaks



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.

<u>Calm Playlist</u> - 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

<u>Babble Dabble Do</u> - 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

