

Details

Creative Brain Break Ideas with a Digital Twist - 332

In this episode, I share brain break ideas and strategies to help boost student focus, engagement, and energy levels throughout the school day. You'll also hear creative suggestions like AI-generated music, trivia challenges, movement-based exercises, and more that can easily fit into your routine. Tune in for practical tips on making brain breaks a seamless and impactful part of your teaching!

Link to live show notes: <https://classtechtips.com/2025/08/12/brain-break-ideas-332/>

**Brain Break Ideas*

Introduction

Hello there, and welcome to today's episode of the Easy EdTech podcast. My name is Monica Burns, and I am so glad you're here to join me today. If you want to make the most of education technology, AKA EdTech, you are in the right place. My goal has always been to help make EdTech easier and give you ideas to try yourself, share with a colleague, or bookmark for later in the school year.

Every Tuesday on the Easy EdTech podcast, you'll hear stories from my time in the classroom, my work with schools and districts, and my travels to different EdTech events. Get ready for solo episodes where I share some quick tips, stories, and interviews full of practical ideas and stories from new guests each month. If we mention something you'd like to check out, make sure to click the link. You'll find it in the episode description or the summary area where you're listening to this podcast, or you can find every episode and all of the resources we mention by going to EasyEdTechPodcast.com or by going to classtechtips.com and just clicking on the Easy EdTech Podcast button at the top of the page.

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Today's episode is sponsored by my free quiz, "Unlock the Best Way to Use Chatbots in Your Teaching." This quick, five-question quiz will help you figure out the best way to use AI this school year. Find out if AI can support your instructional planning and help you tackle your to do list. Everyone who takes the quiz will also get a FREE ebook! Head to classtechtips.com/quiz/ to find my quiz "Unlock the Best Way to Use Chatbots in Your Teaching." That's classtechtips.com/quiz/

Today's Intro

This week's episode is titled: "Creative Brain Break Ideas with a Digital Twist - 332"

Have you tried using brain breaks in your classroom? Classroom brain breaks can be a great way to reset energy levels, improve focus, and build a sense of community among students. More than just a simple pause in instruction, brain breaks can impact students' ability to retain information and engage more actively in learning.

In today's episode, we'll explore what brain breaks are, why they might be a good fit for your group, and how to incorporate brain breaks into your routine.

What is a Brain Break?

A brain break is a short mental and physical break from academic work that helps students refocus and reenergize. These breaks provide an opportunity to step away from intense cognitive tasks and shift focus to something lighthearted, creative, or movement-based.

Classroom brain breaks can be especially effective when students are working through challenging lessons. These small moments can help [reduce frustration and increase motivation](#).

Teachers use brain breaks for many reasons, including:

- Helping students refocus after extended periods of concentration
- Building community and fostering collaboration
- Resetting the energy in the classroom

In today's episode, we'll explore how to strategically incorporate classroom brain breaks into your day to create a more productive and engaging learning environment.

Let's jump into my list of Classroom Brain Break Strategies and Resources!

Episode Transcript

The way you introduce brain breaks will depend on your students' ages, interests, and learning needs. I've put together a list of strategies and resources to bring brain breaks into your classroom. And at the end of today's episode, I'll spotlight an artificial intelligence connection, too!

Quick Draw

Encourage creativity by asking students to do a quick sketch related to a fun prompt. The goal isn't artistic perfection but rather a playful opportunity to take a break from traditional learning. This could certainly be an offline activity, or you might make an EdTech connection.

For example, you can use digital tools like [Nearpod](#) and [Seesaw](#) or simply have students use paper and pencils to create their drawings. If time allows, consider letting students share their sketches in pairs or small groups.

Engaging Prompts

Thought-provoking prompts can be a great way to incorporate writing or discussion-based brain breaks. [Khan Academy Refresh](#) provides excellent short prompts that can work across multiple grade levels. You can have students respond with an illustration, a short list, or a brief conversation to spark creativity and engagement.

Coloring Book Pages

This year, I've shared lots of content related to [artificial intelligence on the blog and podcast](#). The topic of AI and how to generate supplemental resources with AI has been a big focus of my professional learning work, too. One thing I love to share that you can also use as a brain break is coloring book pages.

In my blog post, "[How to Make Your Own Coloring Book Pages with AI](#)," I share step-by-step strategies for making coloring book pages with popular tools like [Adobe Firefly](#) and [Canva's Magic Media](#) tool.

ColorBliss

Story Starters

[Scholastic Story Starters](#) is a fantastic tool for quick, fun writing prompts. Students can spin a digital wheel to generate an imaginative scenario and then write a few sentences or a short paragraph. You can also turn this into a Think-Pair-Share activity where students build off each other's stories.

Another place to go for quick prompts is a chatbot. You tell a chatbot like ChatGPT or [Gemini](#) a little bit about your group (ex., Grade level) and ask it to give you ideas for story starters you can share with them.

[For more ChatGPT tips, check out my free ebook](#) by heading to classtechtips.com/chatgptbook or click the link in today's shownotes!

Create AI-Generated Music

In addition to AI-generated coloring book pages, you might share music made with artificial intelligence as a classroom brain break. For example, you might ask students to help compose a prompt that you enter into a tool like [MusicFX](#). Then, you can all listen to the creation together before moving on to your next activity.

If you're curious about music made with AI, check out my blog post, "[7 Ways to Use AI Music in Your Classroom](#)."

Trivia Questions

Using platforms like [Kahoot!](#) for trivia challenges can energize students while reinforcing classroom learning. You can find pre-made trivia quizzes on a wide range of subjects or create custom quizzes tailored to your students' interests and curriculum.

Wonder of the Day

[Wonderopolis](#) provides a daily "Wonder of the Day" prompt, which encourages curiosity and discussion. These prompts work well as brain breaks or as discussion starters for classroom debates and research-based activities.

Yoga Stretch

Simple stretching exercises or breathing techniques can be highly effective as brain breaks. Encourage students to do a few chair yoga poses or take deep breaths to help reset their focus. Searching for "chair yoga" on YouTube will provide plenty of kid-friendly guided exercises.

Calm Schools

Get Moving

Movement-based brain breaks like [GoNoodle](#) provide fun and engaging videos to get students up and moving. Whether it's dancing, stretching, or simple movement challenges, incorporating physical activity into your classroom can help students release energy and improve concentration.

Quick Questions

Using interactive polling tools like [Mentimeter](#) or [Poll Everywhere](#) allows students to participate in quick, engaging activities. Try “this or that” style questions or have students vote on a silly debate topic to add an element of fun to their learning day. You can also create a Word Wall, which is one of my favorite things to do with Mentimeter.

Using a Chatbot for Classroom Brain Break Ideas

Need fresh brain break ideas? A [chatbot](#) can be a great resource for generating customized suggestions that align with your teaching goals. By providing a specific prompt, you can quickly gather ideas tailored to your classroom needs. Try using this customizable prompt to get new brain break ideas:

“I am a [grade] teacher, and I need ideas for brain breaks for my class that will promote [skill like collaboration].”

For example, if you teach third grade and want brain breaks that encourage teamwork, a chatbot might suggest cooperative games, partner activities, or role-playing exercises. Experiment with different prompts to discover new ways to keep students engaged.

Keeping Students Engaged

Classroom brain breaks are a powerful tool for keeping students focused, engaged, and energized throughout the school day. Whether you’re incorporating creative drawing activities, movement breaks, or thought-provoking discussions, these strategies can help create a more dynamic and enjoyable learning experience.

Don’t be afraid to explore different types of brain breaks and see what works best for your students. You might start with one of the ideas on this list or head to a chatbot to get some custom ideas for your classroom!

So let’s make this EdTech easy with some key points from the episode...

Use brain breaks to help students refocus and stay engaged.

Incorporate creative activities like Quick Draw and story starters.

Try movement-based breaks like yoga stretches or GoNoodle videos.

Leverage AI tools for generating music, coloring pages, and fresh ideas.

Remember, you can find the shownotes and the full list of resources from this episode on [EasyEdTechPodcast.com](https://www.easyedtechpodcast.com) and finding today's episode #334!

Outro Sponsor Message

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Outro

Thank you for listening to this new episode of the Easy EdTech Podcast! I love creating new episodes for you each week, but I could use a bit of help spreading the word about the podcast. Can you leave a rating or review on your favorite podcast app?

Spotify will let you tap on the stars, and Apple Podcasts will let you tap on the stars and leave a one or two sentence review.

Thank you so much for taking this extra step, it helps other educators find episodes like this one when they are searching for EdTech tips.

Episode Resources

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- Sign up for the [Free Newsletter](#)
- Check out [EdTech Books](#) by Dr. Monica Burns
- Explore [Artificial Intelligence Resources](#), [Events & Workshops](#) & [Free Stuff](#)
- Grab [EdTech Essentials: 12 Strategies for Every Classroom in the Age of AI 2nd Edition](#) & download the [FREE Study Guide](#)
- [Nearpod](#) (Student engagement tool)
- [Seesaw](#) (Student-driven digital portfolios & parent communication)
- [Adobe Firefly](#) (Generative AI for images)
- [Canva's Magic Media](#) (Generative AI for images)
- [Scholastic Story Starters](#)
- [Kahoot!](#) (Game-Based Learning Platform)
- [Wonderopolis](#) (Wonder prompts)

- [ChatGPT](#) (Chatbot)
- [Gemini](#) (Chatbot)
- [Calm School](#) (Mindfulness tool)
- [ColorBliss](#) (AI coloring page generator)
- [MusicFX](#) (AI-powered music tool)
- [GoNoodle](#) (Movement & Mindfulness Tool)
- [Mentimeter](#) (Interactive Presentation Software)
- [Poll Everywhere](#)
- [Khan Academy Refresh](#)
- [60+ Must-Try ChatGPT Prompts for Teachers](#) (Free ebook)
- [How to Make Your Own Coloring Book Pages with AI](#) (Blog Post)
- [Teacher Tips for AI Music with Lesson Ideas to Try](#) (Podcast Episode)
- [Are Brain Breaks Worth Classroom Time? 10 Resources To Try](#) (Blog Post)
- [How Student-Driven Play Shapes Creative Minds with Kim Zajac](#) (Podcast Episode)
- [8 Strategies to Level Up Your Brain Breaks](#) (Podcast Episode)