

Course Requirements for Continuing Education Credit

MSU-Northern, Continuing Ed PO Box 7751 Havre, MT 59501	Email: sjappe@msun.edu Ph# 1-800-662-6132 ext 3730 FAX 1-406-265-3570
---	---

Instructor:	Jessica Hanford
Location:	Great Falls, MT
EDUC 1591 Title of Course:	<i>Time for Brain Breaks: Let's Recharge and Refocus!</i>
1 CREDIT Date of Course:	Wednesday-Thursday, June 28-29, 2023

Course Description:

It is time to move it! If you want to find ways to help your students recharge and refocus on the lesson, this workshop is for you! This workshop will be centered around 5-10 minute brain breaks educators can take back to their classroom and use with their students. You will learn about the importance of brain breaks. Then, we will dive into the frequency of brain breaks during the day, depending on the grade level. Most of our time will be focused on practicing many different brain breaks from three different categories: Physical Brain Breaks, Breathing Brain Breaks, and Mental Brain Breaks. Oh, what fun we will have! There will be activities ranging from sculpting clay to chair yoga! When we finish the class, everyone will have many new ideas to energize and refocus their students during the day.

Text: N/A

Outcomes (Participants will...):

Participants will know the importance of frequent brain breaks in the classroom.

Participants will know the difference between physical brain breaks, breathing brain breaks, and mental brain breaks.

Participants will be able to successfully implement multiple brain breaks into their day and will feel capable of making necessary modifications depending on classroom situations.

Requirements to meet outcomes:

	Points:
Participants will be expected to write a one page reflection paper	50
Attendance	25
Participation	25

Total Points: 100

Evaluation:

Grade points will be accumulated throughout the workshop with the grading scale as follows:

GRADE:	PERCENTAGE NEEDED:
A	100-90 percent
B	89-80 percent
C	79-70 percent

For graduate level coursework, a grade below a "C" is considered a failing grade.