

Brain Breaks



In our virtual classrooms, brainstorming is very important because children spend most of their time on the screen. It is important for kids to be active for it improves learning.

So, what are brain breaks? They are stimulating activities that maximize blood flow, accelerate oxygen to the brain, and improve memory. And how is that? When kids are on a specific task, like learning or working on a skill, most of their energy is being pumped to that specific part of the brain for analysis and critical thinking. Brain breaks reprogram that area, reduces stress, and refresh their learning when they return to the assigned task. Research has shown brain breaks are a win-win strategy in classrooms.

Some of them are

- physical brain breaks,
- sensory brain breaks,
- relaxing brain breaks,
- and skill building brain breaks.

Physical Brain Breaks

Stretch out



It is a bad idea to sit glued to the screen for a long time. Let the kids take a break, loosen their muscles, stretch their backs, or stand with their feet apart. Stretch to the left and then to the right. Let them feel that they are God's created big, beautiful trees and they are swaying in the light fresh breeze that He is blowing over them. Let them be gentle so the birds' nests that are in the tree do not fall over. Let them take a deep breath and slowly release it out. Repeat it for 3-5 times.

Simply jump



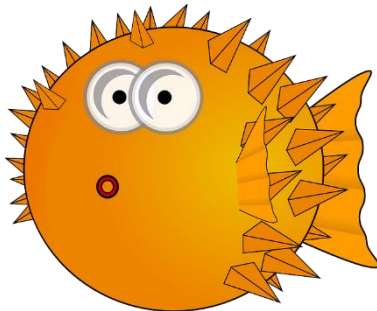
Kids need to spill out their energy. Let them pretend they are kangaroos that God created on the 6th day and jump as high as they can, but to be careful because they have a little joey in their pouch. Give them a couple of minutes. That will do the trick.

Dance Play some kid-safe pop songs and let them dance away and sing along to their heart's content for a minute or so.



Sensory Brain Breaks

Blow Imagine it is the 5th day of creation and God made you a puffer fish. Blow huff and puff for 2-3 minutes to look the prettiest or some rugged-looking puffiest fish ever.



Stir the pot Imagine you are a cook in the biggest restaurant and God is sitting at the table for lunch. You must stir the pot well to get the best dish ever!!! Go clockwise 10 times and then counter-clockwise 10 times.

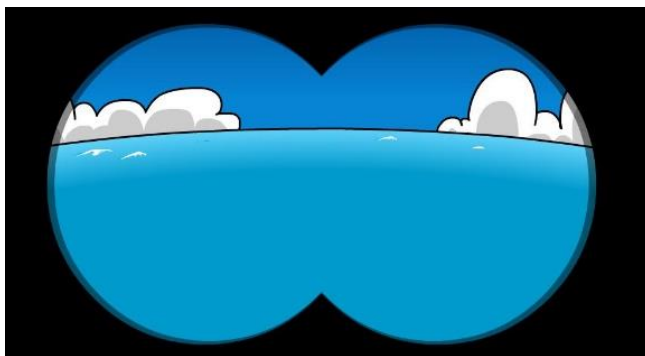


Make it rain Stretch your arms up and your fingers wide. Let it rain for 40 days and 40 nights like the time of Noah. Remember, it should be pouring and pounding. Move your fingers and arms from top to down to your toes. Do that activity for 2-3 minutes.



Relaxing Brain Breaks

Cruise Move the kids away from the computer or iPad screens and let them listen to some Caribbean music or Hawaiian music. Let them pretend they are on their favorite cruise looking at some beautiful island far away. Let them use their hands like binoculars and rock right and left as if on a cruise ship moving towards the island. Remind them we are looking forward to meeting Jesus and the second coming is very near.



Water skiing Let the kids pretend they are pulled by a boat and they are holding to the cable of the ski. Let them move to the right or the left as if they are on a body of water. The cable of the ski is our prayers, and if they hold on to God, we will never fail.



Surfing Play the sound of waves for the kids. Let them go surfing with their hands stretched and pretend to balance on the water as the waves are passing by. Remind them Peter walked on water and if your eyes are on Jesus nothing can sink you.



Skill-building Brain Breaks

Tongue twisters Give them some tongue twisters. Let them learn it in 2-3 minutes and recite it. Ex- Betty bought some butter. The butter was bitter. To make the bitter butter better, Betty bought some other butter to make the bitter butter better.

Paint a picture or cartoon and tell a story about it or describe it. Let them know how God felt when he painted the flower or created you and me.

Make a rap about the memory verse that you have for the week. Rap it out to the group.

Play soft music and let them pretend they are jellyfish in the deep blue sea. Relax and let them roll move like on the clean carpet for a minute or two.

Short brain breaks while working have shown real benefits. We as Southwest Union teachers can use the brain breaks to reduce stress for both the teacher and the student. We are not only preparing them for heaven but we are preparing them to compete with the world here. We have the BEST team to back us up and the BEST curriculum on the planet Earth!! With these brain breaks, we can increase attention and productivity in our classrooms and let our children pass with flying colors and let the world know WE THE SOUTHWEST UNION TEACHERS ARE THE BEST!!

by Alwina Kindo
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