

Brain Breaks

Performance Learning PLUS #20

To increase learning efficiency and alertness, have your students do any of the following activities:

- “Please stand up! When I say ‘Go,’ touch two walls, greet two people with a high five, and find yourself returning to your seats.”
- “Everyone take a deep breath! Let it out slowly. Now take another deep breath and say, ‘Life is s-weeeet!’”
- “Thumb wrestle with a partner. Thank your partner when you’re done.”
- “Turn to the person next to you and say... ‘You are a powerful learner.’” (Or any other affirmation pertaining to your lesson. The goal is to have a choral response.)
- “Put your right hand above your head, now your left hand, bring them down to wrap around your skull, and give yourself a brain massage.”
- While teaching an interesting fact, ask “Can I have an ‘Oooooo’ on that?” Other options include “Ahhhhhh,” “HmMMM,” “Ah-Ha,” “Cha Ching,” and “Oh Yeah!”
- “Jump up and down as many times as there are letters in your first, middle, and last names.”

Giving Brain Breaks at regular intervals and “reading” your audience can ensure that everyone is taking a break together, which can in turn mean everyone is paying attention to the lesson together!

Source: Jensen’s Brain Expo. (1993). *Laughter Spontaneity Fun & Learning!!!* [Handout]. Brickley, L. & DeBolt, K: Presenters. *
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