

BRAIN BREAK IDEAS

If your student's attention span starts waning, (this can look like them getting antsy or squirmy, they stop paying attention, or refuse to work, they become unusually quiet, or short tempered etc.) it might mean they need a break. Taking **30 seconds to 1 minute** every now and then may allow you to accomplish more in the long-run. Here are some ideas:

1. **YOGA-ISH:** Stand up, take three deep breaths, raising arms while inhaling, lowering arms while exhaling. Hold arms up to the side and balance on one leg. Switch sides.
2. **ANIMAL SOUNDS and ACTIONS:** (eg. Hum like a bee and flutter arms, roar like a lion, snap arms in front of you like a crocodile, hop like a bunny)
3. **30-SECOND P.E.:**
 - a. 20 jumping jacks
 - b. 15 sit-ups
 - c. Hop on one foot
 - d. 10 push ups
 - e. Run in place
 - f. Frog jumps
 - g. High-knee running in place
 - h. Wall sit
4. **Pictionary or Hangman:** Use your whiteboard to play Pictionary or Hangman.
5. **Name 5 game (or 3):** Ask student to name 5 things in a certain category. (eg. candy bars, pizza toppings, super heroes, states, places they've visited, movies they've seen, types of fruit, famous people, planets, things that smell good or bad, things that make you laugh)
6. **Have a conversation.**
7. **Quick Hunt:** Ask student to go find something red, blue, big, small, sweet, salty, etc. and come show you each one.
8. **Dance party** – play a song (on your phone, or a CD, etc.) and get up and dance.
9. **Tell a riddle/joke** - Check Google for kid's riddles/jokes.
10. **Getting to Know You Activities** – Refer to the Getting to Know You page in your tutor manual for more ideas.