

SEL Activities

7 Brain Breaks transitions
for virtual learning





Brain Breaks

Movement to get centered
for learning

better**kids**



Open and shut



About
2-3 min

- Wiggle your fingers
- Ball your hand into a tight fist and squeeze
- Spread all your fingers out, as wide as you can
- Repeat

...Now do the same thing with your face

- Squeeze your eyes shut, scrunch your mouth and nose
- Open your eyes wide, stretch your mouth open as wide as you can
- Repeat

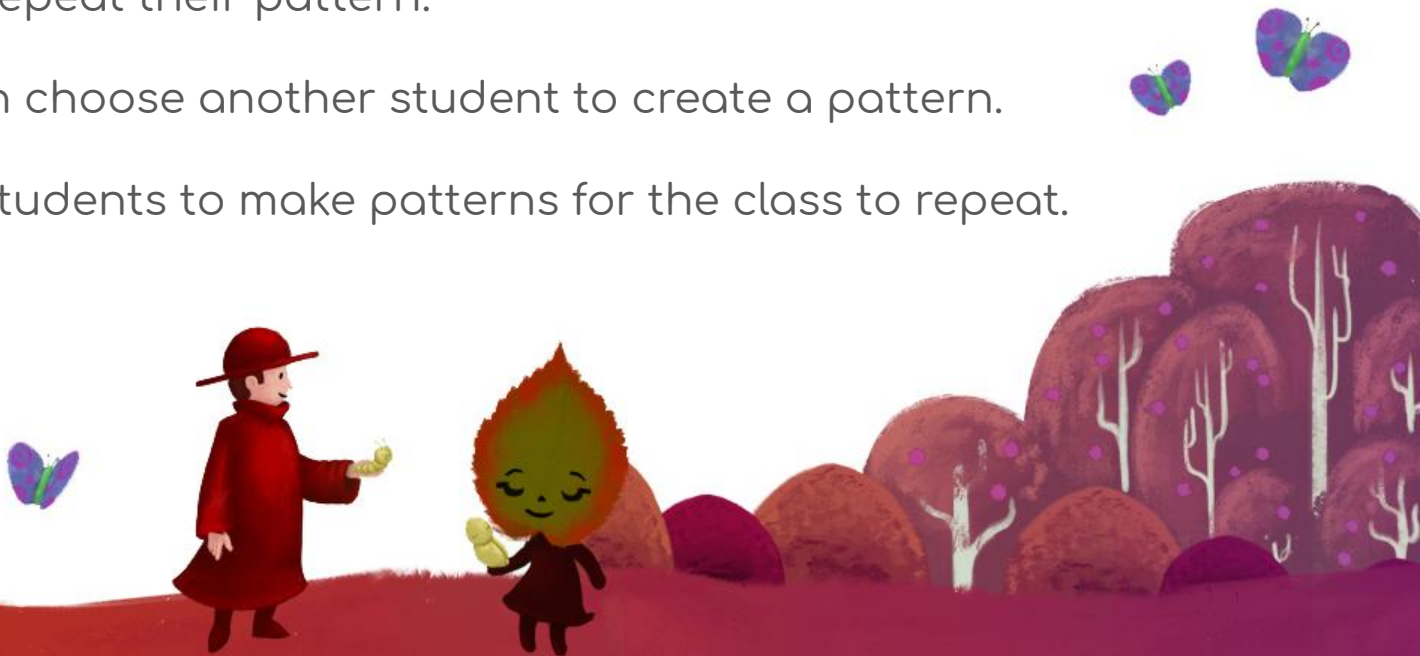


Snap & Clap



About
5 min

1. Choose a leader to start and create a short snapping, clapping pattern.
2. The class will repeat their pattern.
3. The leader can choose another student to create a pattern.
4. Allow several students to make patterns for the class to repeat.



Rainstorm



About
5 min

1. Begin by raising both hands in the air, wiggling fingers, and making a soft whooshing noise with the mouth
2. Rub the palms of hands together repeatedly
3. Snap fingers
4. Clap hands on thighs, alternating between the right and left
5. Clap hands on floor or stomp feet
6. Loudly clap hands together
7. Then reverse... until you're back to wiggling fingers and soft whooshing!
8. You've just made a rainstorm!



Jumping jacks or Squats



About
5 min

- Get out of your seat
- Do a jumping jack or squat as you count out loud up to a certain number (10-20), followed by breathing
- Can count by ones or skip count to include relevant math skills



Shrink and grow



About
3-5 min

- Start by crouching down with hands resting on the floor
- Count by ones up to a certain number (between 1-20)
- “Grow” *incrementally* depending on the number that is called out
 - Ex. Grow up to 7, everybody counts “0, 1, 2, 3, 4, 5, 6, 7!”
At this point hands should be stretched up to the ceiling, back straight
 - Ex. Grow up to 1, everybody counts “0, 1!”
- Next, shrink *incrementally* down to a number that is called out by counting down
 - Ex. Shrink down to 4 (from 7), everybody counts “7, 6, 5, 4” At this point hands should be resting on the floor again in a crouched down position.
- Repeat growing and shrinking a handful of times, taking student requests for numbers



Freeze Dance



About
10 min

- Play music of choice
- When the music stops, everyone freezes (kids should be out of seat)
- Option: If someone moves when they are supposed to be frozen, they are out of the next round but can rejoin after



Yoga



About
5-10 min

- Students stand up in front of their computer
- Lead your own brief yoga session by choosing one or two animal poses:
 - snake
 - lion
 - downward dog
 - butterfly
 - flamingo
 - cat

