

10 Brain Breaks

for Elementary Students

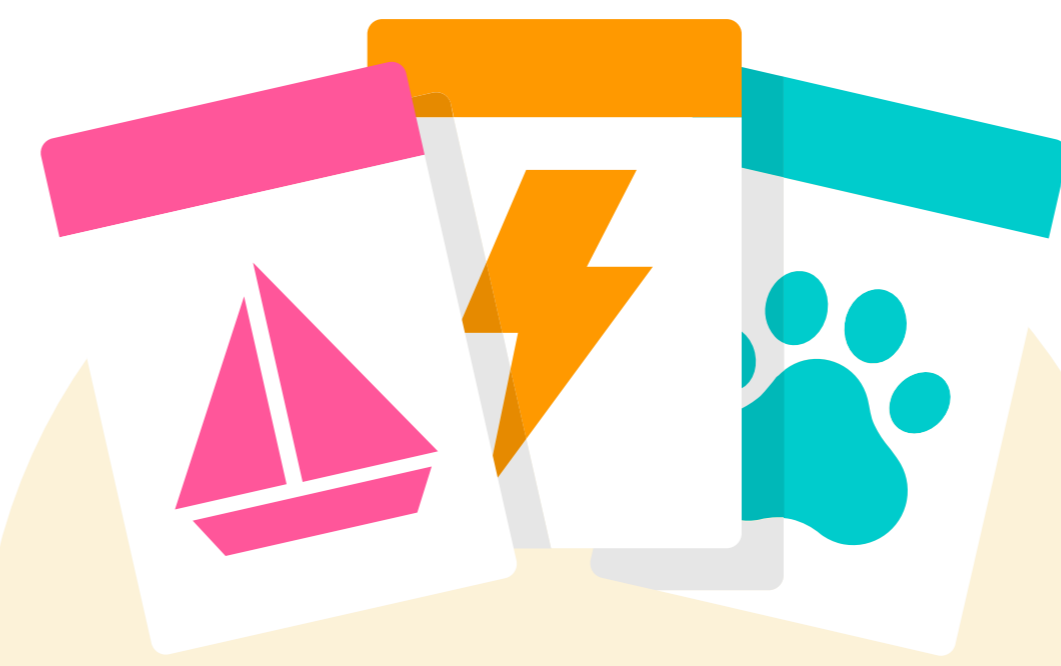
Every child is unique and may have a different way of learning, engaging, and playing. Consider this an opportunity when creating your brain break list. As former educators, BrainPOPers, dive into some brain break ideas to help inspire creativity and boost productivity in the classroom.



Four
Corners



Drawing



Vocabulary
Pictionary



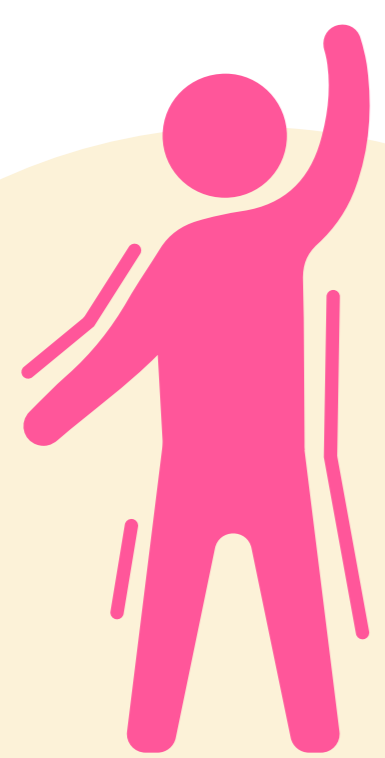
Dance
party



Quiet
time



Yoga



Freeze
dance



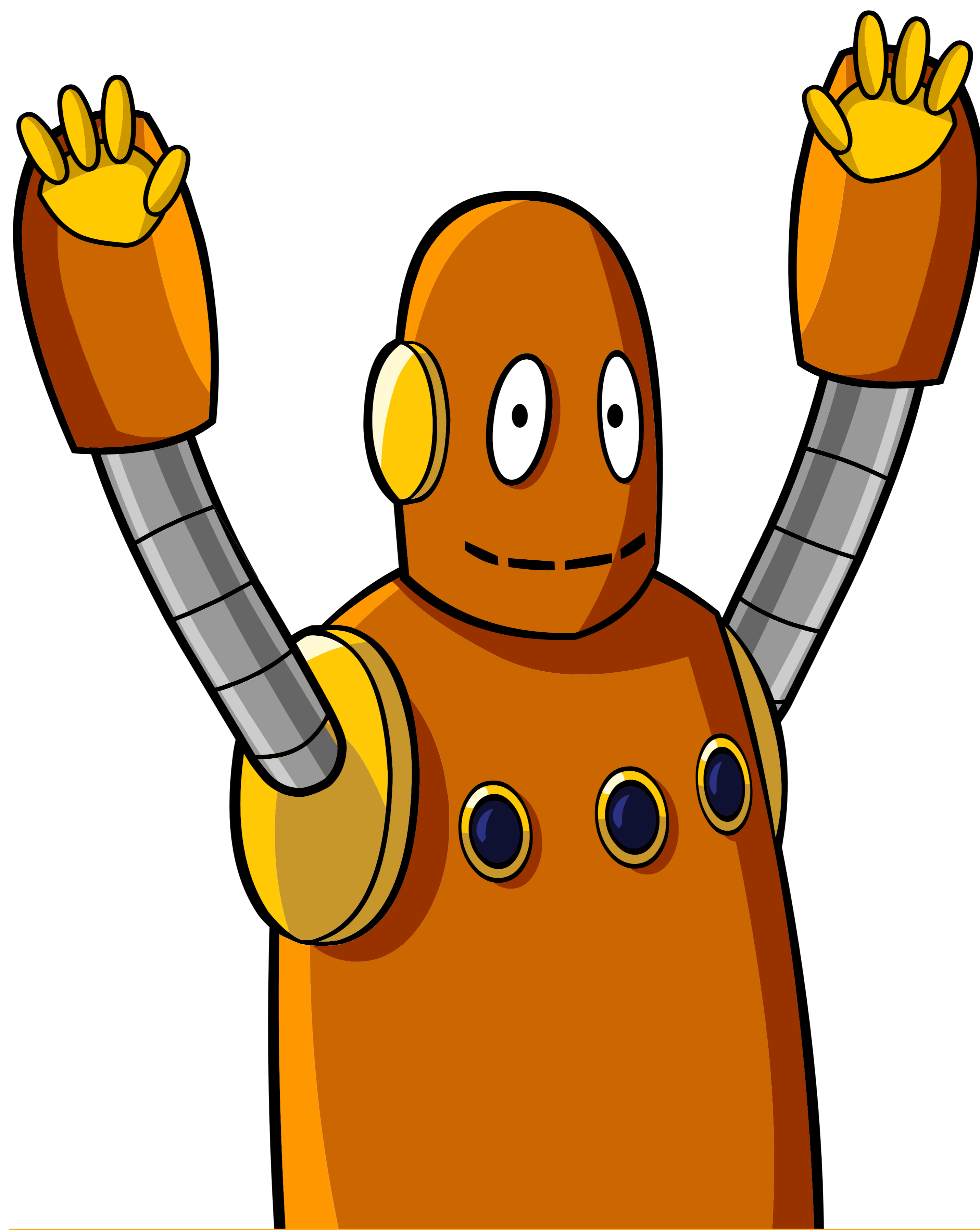
Creative
journaling



Exploratory
art



Free time



**Let your students choose by voting
or throwing ideas in a bowl**

Giving your students the chance to choose what and how they'd like to spend their free time empowers their self-confidence and learning.