

PE & HEALTH · ALL GRADES

Brain Breaks

Twelve 60-second activities

Why brain breaks?

Children's attention spans are about 10–15 minutes — much shorter than adults'. After that, working memory fills up and the brain stops absorbing. A 60-second movement break clears the mental cache and the next 10 minutes work much better. It's not lost time — it's invested time.

Twelve cards to try

<p>1 — Star jumps</p> <p>20 star jumps. Fast as you can.</p>	<p>2 — Cross-crawl</p> <p>March in place, touching opposite knee with opposite hand.</p>
<p>3 — Wiggle from toes</p> <p>Wiggle your toes. Then ankles. Knees. Hips. Up to head. Then back down.</p>	<p>4 — Air-write</p> <p>Write your name in the air with your finger. Now your foot. Now your whole arm.</p>
<p>5 — Silent thunderstorm</p> <p>Rub palms (drizzle), click fingers (rain), slap thighs (downpour), stomp feet (thunder), and back down to silence.</p>	<p>6 — Yoga flow</p> <p>Mountain → tree (each leg) → child's pose. Three breaths in each.</p>
<p>7 — Ten-second stillness</p> <p>Stand perfectly still. Eyes closed. Notice your breathing.</p>	<p>8 — Shake it off</p> <p>Shake your hands like they're wet. Then arms. Whole body. Go faster, then stop suddenly.</p>
<p>9 — Dance party</p> <p>30 seconds of any music. Just dance. No rules.</p>	<p>10 — Stretch up</p> <p>Reach up high — touch the sky. Then bend down and touch your toes. Repeat 5 times.</p>



11 — Animal walk

Walk around the room as: a bear, a crab, a frog, a flamingo. Switch every 5 seconds.

12 — Eye rest

Look as far away as you can for 10 seconds. Then close your eyes. Then open and look at your hand. Repeat 3 times — great for screen-tired eyes.

