




Body Breaks

Body breaks help to promote physical fitness, brain health, focus and cognitive development. Breaks keep our brains healthy and play a key role in cognitive abilities like reading comprehension and creative thinking. Breaks are an essential part of learning. Here are some examples for classrooms:

<p>Edutopia</p> <p>Quick Classroom Exercises to Make Learning Lively</p> <p>https://www.youtube.com/watch?v=pbD7Dcmlmws</p>	<p>Video shows four exercises designed to enhance focus and mental clarity in the classroom.</p>	
<p>GoNoodle</p> <p>Movement Powers Change</p> <p>https://www.gonoodle.com/</p>	<p>A number of free resources and videos that can be played to move along to.</p>	
<p>The Colorado Education Initiative</p> <p>Take a Break! Physical Activity Breaks in Secondary Classrooms</p> <p>http://www.coloradoeducation.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf</p>	<p>Activity cards and online activities that are suitable for older kids and classrooms.</p>	
<p>Action for Healthy Kids</p> <p>Active Learning Opportunities</p> <p>https://www.actionforhealthykids.org/activity/active-learning-opportunities/</p>	<p>A great list of ideas for how to incorporate active learning into all subject areas.</p>	
<p>West Virginia Education</p> <p>Let's Move Active Schools Resource Guide</p> <p>https://wvde.state.wv.us/healthyschools/documents/resource_guide_interactiveFinal.pdf</p>	<p>Organized by grade band, this guide includes instructions for dozens of active learning ideas.</p>	