

# Brain Breaks

Adversity and trauma reside in our biology, not in our conscious minds. A child who has lived with high levels of stress and trauma may have compromised brain stem and limbic areas of their brains. Brain breaks are specific strategies that can address the stress response in the limbic part of our brains and also help to develop the brain stem. As educators, we may need to focus minds in order for learning to occur.

Some resources that have great examples of Brain Breaks are:

<p>Edutopia</p> <p>Quick Classroom Exercises to Combat Stress</p> <p><a href="https://www.edutopia.org/article/quick-classroom-exercises-combat-stress">https://www.edutopia.org/article/quick-classroom-exercises-combat-stress</a></p>	<p>This journal article gives easy and quick examples of both brain breaks and focused-attention practices. These are suitable across ages.</p>	
<p>Math Giraffe</p> <p>How to Activate the Right Brain in Math Class</p> <p><a href="https://www.mathgiraffe.com/blog/how-to-activate-the-right-brain-in-math-class">https://www.mathgiraffe.com/blog/how-to-activate-the-right-brain-in-math-class</a></p>	<p>Activities that can create right brain/left brain crossover by activating the right brain during a 'normally left brain' discipline.</p>	
<p>SequenceWiz</p> <p>How to Integrate Your Right and Left Brain Through Movement</p> <p><a href="https://sequencewiz.org/2014/08/13/integrating-right-and-left-brain/">https://sequencewiz.org/2014/08/13/integrating-right-and-left-brain/</a></p>	<p>This article describes single hemisphere dominance and describes simple movement exercises to facilitate dual-hemisphere integration.</p>	
<p>The Tapping Solution</p> <p>Stress Relief for Children</p> <p><a href="https://www.thetappingsolution.com/blog/stress-relief-children/">https://www.thetappingsolution.com/blog/stress-relief-children/</a></p>	<p>A free video and resources around the power of tapping for children.</p>	

