

Pause. Reset. Recharge.

The Power of Classroom Brain Breaks

What are brain breaks?

- ✓ Short, intentional pauses from academic tasks
- ✓ 1- to 5-minute breaks that prevent cognitive overload by allowing the brain to reset



What Do Brain Breaks Do for Students?

Sharpen focus	
Support mental fitness and well-being	
Lower stress and anxiety	
Reduce disruptive behavior	

Movement Breaks

This subset of brain breaks utilizes physical activity to stimulate blood flow and oxygenation to the brain.



Primed, Refreshed, and Ready to Learn

In just a few minutes, transform your classroom and keep students engaged.

