

Third Grade Teachers Offer Students "Brain Breaks"

The third grade team at Schiesher realizes that offering students brain breaks throughout the day increases learning. Brain breaks are brief, kinesthetic breaks that are offered several times throughout the school day. Students take a moment to stretch, jump up and down, or even act out a silly song and dance. Although these breaks take minimal time away from class activities, the time spent is well worth it. Brain research indicates that quick brain breaks increase motivation, attention, and concentration. The breaks also stimulate and focus creativity as well as decrease the opportunity for off-task behavior. Regina Leeberg, Instructional Coach, modeled the use of brain breaks with third grade students during MAP testing. The students were more motivated and engaged, and their scores increased considerably. Check out the links below to learn more about why kids need to move during school!

Getting Kids Moving in School

<http://abcnews.go.com/video/playerIndex?id=7287548>

Brain Break Resources

http://www.acceleratedlearning.co.uk/brain_breaks.htm

