

# Brain Breaks for Testing

## Overview



Breaks give students opportunities to get active and mentally focused. While brain breaks should be used year-round, testing can be an especially difficult time for staying focused when students have to sit for long periods of time. Try one of these activities to wake up those brains!

## Take Action

### Brain Break Dice

Find a square object to decorate or create a paper box. This will be used as your dice. On each side, draw or write a physical activity. Check out the ideas below- get creative! Once you have your activities, roll the dice and have fun!

1. Walk around the room until the teacher says stop and they must find a seat.
2. Walk around the room pretending to be an animal of their choice.
3. Grab a partner and throw an invisible ball back and forth.
4. March in place with high knees ten times.
5. Jump in place 10 times.
6. Do downward dog pose for 20 seconds.
7. Wiggle like a snake for 30 seconds.
8. Spin in a circle 3 times.

9. Hop on left foot for 30 seconds, then switch to right foot.
10. Flap your arms like a bird 5 times.

## Wheel of Warm-Ups

Similar to the brain break dice, you can create a board for students to spin for different activities. Switch out the activities and ideas throughout the year to keep students engaged. Consider connecting with your PE teacher to align the activities with the current PE unit and provide opportunities for additional movement skill building.

## Social Emotional Health Highlights

Activities such as these help students explore...

**Self-Management:** Incorporating brain breaks during testing allows opportunities for students to release emotions. Brain breaks can include activities that help students organize their thoughts, better process emotions, and control impulses – preparing them to take on any test and refocus for better learning!

**Social Awareness:** Taking brain breaks throughout testing sessions can direct students' perspectives from their papers to their peers, allowing chances to interact socially and to reset. Brain breaks also allow children to recognize that they are not alone in their current situation and that they may share similar emotions with their classmates.

For more activities and ideas like this one, be sure to [sign up for our news and updates](#). And if you like what you see, please [donate to support our work](#) creating more ways to help build a healthier future for kids.

## Related Activities

## **Classroom Physical Activity Breaks**

Physical activity doesn't have to be in a recess or PE setting to be effective.

## **Active Learning Opportunities**

Incorporate physical activity before, during, and after the school day, as well as into daily lesson plans.

## **Yoga for Children**

It's often assumed that one must already be flexible and physically fit to participate in yoga. One of the many great aspects of yoga is that it can be modified to fit the age, goals and abilities of almost anyone.