

Name:
Date:
Class:

This page is an example

Brain breaks ¹	On task 10 / 4	Favourite activities
1. Stretch & strengthen 2. Draw or doodle 3. GoNoodle activity ² 4. Short meditation 5. Play a quick game 6. Chat to your neighbour 7.	10 4 10 4 10 4 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1. Computer time 2. Listen to music (use headphones) 3. Chat to the teacher 4. Do a puzzle or maze 5. Write a reflection 6. Choose a reward e.g. house points, stickers 7.

¹ <https://www.psych4schools.com.au/blog/the-importance-of-taking-a-break/>

² <https://www.gonoodle.com/>

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Supporting teachers, leadership teams and professionals in primary and junior secondary schools.

Brain breaks *	On task 10 / 4	Favourite activities
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Observations and notes

Goals and strategies