



Energizing Brain Breaks

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The fastest way to keep your students engaged

Glazed look in your students' eyes? They need is an ***Energizing Brain Break***—a quick physical and mental challenge to refresh them. This full-color flip book contains 50 highly effective, classroom-tested ideas for all grades. You'll find pictures, directions, and online videos for activities like:

- Slap Count Letters: students alternate slapping each other's hands while spelling a word
- Rock, Paper, Scissors, Math: partners reveal a certain number of fingers to each other, and the first person to add them together wins
- Bizz-Buzz: groups of students count from 1 to 40 using a combination of numbers and words

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