**Brain Breaks**

(Dr. Jean Feldman, The Trauma Academy, S’cool Moves)

**Movements to bring energy**

-Hold earlobes with crossed arms and breath in while in an upright position. Breathe out while you bend down.

-Do Patty Cake while you practice spelling words or math facts.

-While sitting, use your leg to spell words in the air

-With palms together, bend to the right, then the left. Have opposite fingers tap together.

-Karate chop for counting (skip counting w/ cross lateral)

-Macarena dance to months of the year or any other concept (free teaching video on go noodle)

-“Sit in your seat and bounce your feet up and down to the beat.”

-Sit in a chair and sing “My Bonnie lies over the ocean.” Every time you say a ‘b’ word you stand up or sit down.

-Use water noodle foam cut into sections to spell words in the air or for sensory input. Use paper towel rolls as drumsticks to drum to the beat.

-Raise your right hand and shake it, as you count down,5,4,3,2,1, Lower your right hand and raise your left hand, counting down again from 5. Then tap or stomp your right foot, counting down from 5, then your left foot.

Raise your right hand again and count down from 4, then with your left hand, right foot & left foot. Keep going with this progression until you get down to 0.

-Clap a patterned clapping progression with the class, like two claps in front of your chest, then two claps on your lap, two foot stomps, then one clap in front of your chest to finish. Any progression is good, this is just an example. Then allow students to take over or add claps/moves if appropriate. Then to stretch the brain, have them do it backward

**Calming Movements**

-Tighten every muscle in your body while contracting, starting with your hands and moving down your body into a tuck, then relax. Do this three or four times.

-Breathing routines where you imagine breathing in the color green, then exhaling the color gray.

- S’cool Moves: Cross Crawl, Hook Ups, Dots & Squeezes, Wall push-ups, ect…