

BRAIN BREAKS





Brain breaks



These brain breaks provide opportunities for children/young people to relax, recharge, and enhance their overall mental health and wellbeing. Incorporating them into workshops allows children/young people to learn and practice strategies that promote self-care and emotional regulation.

- 1. Stretch and Shake:** Lead the children/young people in a series of simple stretches and movements to get their bodies moving. Encourage them to shake out any tension and take deep breaths during the activity.
- 2. Dance Party:** Play upbeat music and have a spontaneous dance party. Let the children/young people freely move and groove, promoting self-expression and releasing energy.
- 3. Mindful Moments:** Guide the children/young people through a short mindfulness exercise. This can involve focusing on their breath, noticing sensations in their bodies, or listening to soothing sounds. This helps promote relaxation and present-moment awareness.
- 4. Animal Yoga:** Lead the children/young people through a series of yoga poses inspired by different animals. Encourage them to mimic the movements and characteristics of each animal, fostering mindfulness and body awareness.
- 5. Laughter Yoga:** Engage the children/young people in laughter yoga exercises, such as fake laughter, silly movements, and playful interactions. Laughter has positive effects on mood and can help relieve stress.



Brain breaks (continued):

6. **Guided Imagery:** Take the children/young people on a guided imagery journey by describing a peaceful or enjoyable place, such as a beach or a forest. Encourage them to use their imagination to create a vivid mental picture, promoting relaxation and visualization skills.
7. **Nature Break:** Take the children/young people outdoors for a short nature break. Encourage them to observe and connect with nature, whether it's through mindful walking, exploring the surroundings, or engaging in sensory experiences like feeling leaves or smelling flowers.
8. **Breathing Exercise Relay:** Divide the children/young people into teams and set up stations with different breathing exercises. Each team takes turns rotating through the stations, practicing different techniques like deep belly breathing, balloon breaths, or straw breathing. This activity promotes relaxation, mindfulness, and teamwork.
9. **Mindful Eating:** Choose a healthy snack, such as a piece of fruit or a small granola bar. Encourage the children/young people to practice mindful eating by taking small bites, chewing slowly, and paying attention to the taste, texture, and sensations in their mouths. This activity helps promote awareness and mindfulness around eating habits.
10. **Mindful Colouring:** Provide colouring sheets or mandalas and colouring utensils. Guide the children/young people to colour mindfully, focusing on the strokes, colours, and sensations. Encourage them to be present in the moment and let their creativity flow.



Brain breaks (continued):

11. Expressive Art: Provide art supplies and encourage the children/young people to create art that represents their emotions or promotes positivity. This can include drawing, painting, or collage-making. Allow them to freely express themselves through art.

12. Gratitude Jar: Provide small pieces of paper and pens to each children/young people. Ask them to write down something they are grateful for and put it in a jar. Take turns reading aloud the gratitude notes from the jar, fostering a sense of appreciation and positivity among the group.

Remember to create a safe and supportive environment during the brain breaks, allowing everyone to participate at their comfort level. Adapt the brain breaks based on the available time, space, and their individual needs and interests. These activities should be enjoyable, engaging, and promote mental and emotional well-being.

