

Brain Break Directions

1. Brain breaks are simple games or movements that anyone can do. You can use brain breaks to fight frustration and improve focus – plus they help fulfil your child’s daily need for physical activity.
2. Use brain breaks any time, including in the morning, during TV commercials, or as a break from video games.
3. Use the brain break game board and dice to come up with a brain break. Whichever numbers the dice land on will determine which physical movement you and your child are to perform.
4. One die will represent the numbers on the yellow row and the other die will represent the numbers in the orange column.
5. To play, all you need to do is roll your set of dice. If you roll a 2 and a 4, for example, your child will go up and down some stairs 3 times. If you roll a 4 and a 2, your child will hop on their left foot 10 times.
6. Feel free to play multiple games in a row.