

Our Go-To Brain Breaks

Taking a pause is so important for leaders and youth, here are three of our favorite types of brain breaks.



Get them moving!

- Play a one song game of freeze dance
- Jump up and down on an imaginary mini trampoline
- Play a Go-Noodle or mini workout video to get their hearts pumping

Practice Mindfulness!

- Doodle how they are feeling
- Practice circle breathing or box breathing
- Try visualizing yourselves on a boat in the ocean or standing over a plate of freshly baked cookies



Encourage Teamwork



- Have students tell jokes and cheer each other on
- Play Geo-guesser working together as a class
- Do a call and response clapping game, you can even have youth take turns leading