Brain Breaks and Active Calming

Breathe

I’m Safe

Wish Well

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Brain breaks are short mental breaks taken throughout a lesson or academic activity. They help children remain calm, focused, and engaged, and they’ve been shown to reduce stress. With schools closed in response to COVID-19, this guide shows you how to implement effective brain breaks at home.

In this guide “At Home Brain Breaks and Active Calming” by Conscious Discipline Certified Instructor Bailey Lewin, you’ll find dozens of brain break songs and games. As you read through the resource, click the images for videos and songs that accompany each activity. The guide also features active calming strategies that will keep you and your children in the optimal brain state for learning and problem-solving.

Conscious Discipline Glossary:

• **School Family™**: Based on a healthy family model, Dr. Becky Bailey’s School Family Model creates a positive school climate that emphasizes connection and cooperation. The School Family ensures the inclusion and optimal development of all its members.
Brain Break Games

5, 4, 3, 2, 1 (Clap)
Fingers Game
School Family
Dum, Dum, Diddy, Diddy
Thumb War

Concentration
We Will Rock You
Red Hands
Down by the Banks
Tap and Double Tap

1, 2, 3 - Partner Game
Disengage Stress

Breathing

S.T.A.R.

Smile,
Take a deep breath
And
Relax.
Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.

Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a “pbpbpbpbpb” sound.

Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.

Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “sssshhh” sound and release all your muscles, draining out the stress.
During __________________ today I will

__________________________________________

Positive Intent
Brain Break Game

5, 4, 3, 2, 1 (Clap)

Shake Right Hand 5, 4, 3, 2, On 1 high-five your partner.
Shake Left Hand 5, 4, 3, 2, On 1 high-five your partner.
Shake Right Foot 5, 4, 3, 2, On 1 tap feet with your partner.
Shake Left Foot 5, 4, 3, 2, On 1 tap feet with your partner.
Continue doing the same thing while counting down.
Brain Break Game

School Family

I reach up,

I reach down,

I smile to all my friends/family around,

I see you,

You see me,

And together we make a family!
Brain Break Game

Dum, Dum, Diddy, Diddy

Dum, Dum, Diddy, Diddy, Dum, Dum, Dada
Dum, Dum, Diddy, Diddy, Dum, Dum, Dada
Dum, Dum, Diddy, Diddy, Dum, Dum, Dddy, Diddy
Dum, Dum, Diddy, Diddy, Dum, Dum, Dddy, Diddy
Dum, Dum, Diddy, Diddy, Dum, Dum, Dum, Dum.

Click To Watch Video
Brain Break Game

Concentration
64
No Repeats
or Hesitations
I will start
And you will follow
Category is:

______________________________
Brain Break Game

We Will Rock You

Stomp, Stomp, Right Hand,
Stomp, Stomp, Left Hand,
Stomp, Stomp, Both Hands,
Stomp, Stomp, Slap Legs.
Brain Break Game

1, 2, 3 - Partner Game

1. Clap own hands
2. Slap own legs
3. High ten your partner