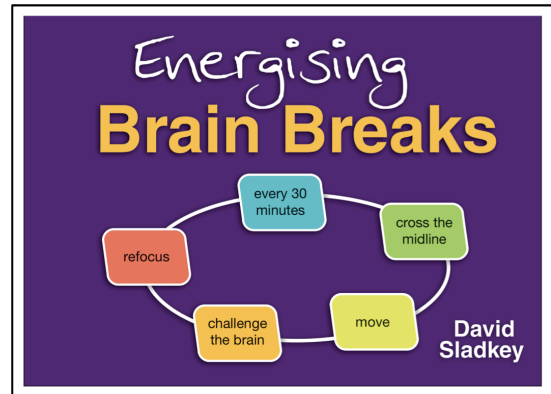


# Energising Brain Breaks

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**Focus Area:** Activities and Exercises, Health and Wellbeing  
**Key Learning Area:** Cross-Curricular



## Summary

It's an all too familiar sight: that glazed look in your students' eyes when they've been sitting or listening for too long. What they need is an energising Brain Break—a quick physical and mental challenge that's like hitting the refresh button on your computer, but for your students.

This practical, full-colour book contains 50 highly effective, classroom-tested brain breaks that you can put to immediate use across year levels F–6. No preparation or supplies are required—just one to two minutes of your time when you see a need. You'll find pictures, directions, and online videos for activities such as:

- **X Bob and Wiggle:** Students make an X with their arms, bobbing one hand and wiggling the other.
- **Rock, paper, scissors, maths:** Partners reveal a certain number of fingers to each other and the first person to add them together wins.
- **Bizz-Buzz:** Groups of students count from one to 40 using a combination of numbers and words.

There's no better way to help students remain sharp and alert, re-energised and ready to take on the next learning task!

## Supporting Resources

- *Brain-Based Teaching in the Digital Age* (110018)
- *40 Engaging Brain-Based Tools for the Classroom* (CO8435)
- *Strategies to Engage the Mind of the Learner: Building Strategic Learners* (RB4114)
- *Engage the Brain: Graphic Organisers and Other Visual Strategies: Complete Set with Theory* (CO9ETBT)
- *Five Big Ideas for Effective Teaching: Connecting Mind, Brain and Education Research to Classroom Practice* (TCP0676)