

Daily Brain Breaks & Activities Calendar

Need some inspiration for keeping students energized remotely? We've curated a free calendar of brain breaks, fun activities, and daily prompts from our Teacher-Author experts that you can use to engage students and build community remotely.

SUN	MON	TUES	WED	THURS	FRI	SAT
RECHARGE	<p>MINDFULNESS</p> <p>Cool Off the Pizza.</p> <p>For this breathing exercise, imagine you have a hot slice of pizza in front of you. Slowly breathe in like you are smelling the pizza. Then, slowly breathe out to cool it off. Try this a few times.</p> <p><small>SOURCE: Pathway 2 Success</small></p>	<p>BRAIN TEASER</p> <p>Would You Rather?</p> <p>Ask your students to pick between two ideas—and make the choice a difficult one! You can tailor to the subject you teach. In high school science, for instance, you could ask: "Would you rather... be very shiny and beautiful like the element chromium or be very strong like the element titanium?"</p> <p><small>SOURCE: Flying Colors Science</small></p>	<p>MOVEMENT</p> <p>Learning Walks.</p> <p>Encourage students and families to take learning outdoors. The fresh air and exercise is a great stress reliever for overwhelmed parents and students really enjoy the time spent outdoors.</p> <p><small>SOURCE: Roots and Wings</small></p>	<p>RELATIONSHIPS</p> <p>Toast A Classmate.</p> <p>Start by "toasting" one of the students in the class with a compliment, and then have that student toast another student, and so on, until all of the students are toasted. It's so nice to hear what the students have to say about each other.</p> <p><small>BEST FOR GRADES 6-12</small></p> <p><small>SOURCE: Peacefield History</small></p>	<p>GAMES + FUN</p> <p>Music Video Scavenger Hunt.</p> <p>Students—and the teacher—can look for a series of items within a music video of a favorite song.</p> <p><small>SOURCE: World Music With DARIA</small></p>	RECHARGE
RECHARGE	<p>MINDFULNESS</p> <p>Balloon Breaths.</p> <p>Have students pretend they're blowing up a red balloon. Then, have them hold it up on a string, let the balloon go, and watch it disappear.</p> <p><small>SOURCE: Simply STEAM - by Sarah Barnett</small></p>	<p>BRAIN TEASER</p> <p>Share A Song.</p> <p>Ask students to share their favorite song of all time, a great song for right now, or just a great song. They can even write a short paragraph about why they love the song and provide their favorite quote from the song.</p> <p><small>SOURCE: The Joys Of Teaching Literature</small></p>	<p>MOVEMENT</p> <p>Dance Party.</p> <p>Find short clips from movies of characters dancing, and get your students to imitate them. Keep it fresh with current kids' movies and their interests.</p> <p><small>BEST FOR GRADES PREK-5</small></p> <p><small>SOURCE: Performing in Education</small></p>	<p>RELATIONSHIPS</p> <p>Phone A Friend.</p> <p>Take some time to phone a friend or a classmate that you haven't seen in a while.</p> <p><small>BEST FOR GRADES 6-12</small></p> <p><small>SOURCE: Ridgy Didge Resources</small></p>	<p>GAMES + FUN</p> <p>Sketch and Share.</p> <p>Take a sketchbook or camera outside. Draw or photograph an object of interest to share with either their teacher or their classmates.</p> <p><small>SOURCE: Homeschooling and Homesteading</small></p>	RECHARGE
RECHARGE	<p>MINDFULNESS</p> <p>Mindful Sitting.</p> <p>Ask students to settle into a comfortable and stable sitting position. Have them imagine that they are sitting like a mountain—stable, solid, and supported by the earth. End with three mindful breaths.</p> <p><small>SOURCE: Future in Fourth</small></p>	<p>BRAIN TEASER</p> <p>Fighting A Zombie.</p> <p>Your students are about to fight a zombie using only the object to their left. What is the object?</p> <p><small>SOURCE: Mrs Hartig's Classroom</small></p>	<p>MOVEMENT</p> <p>Birthday Brain Breaks.</p> <p>Students can do exercises based on the month and day of their birthday. They can also choose to do a workout for birthdays of friends and family!</p> <p><small>SOURCE: Lauren Piper - The Health Nut Teacher</small></p>	<p>RELATIONSHIPS</p> <p>Classmate Check-Ins.</p> <p>Have students complete community check-ins online. These classroom community activities, like snapping a picture of their favourite snack or playing games like "I never," help them to stay connected.</p> <p><small>SOURCE: From Math to Music</small></p>	<p>GAMES + FUN</p> <p>Gross Them Out!</p> <p>Find a way to gross your students out. The book <i>Oh Yuck!</i> by Joy Masoff gives a lot of great ideas for gross things to share that are student-appropriate. Share a page with students and find a short YouTube video (talking about the science behind the gross thing) to share.</p> <p><small>SOURCE: Performing in Education</small></p>	RECHARGE
RECHARGE	<p>MINDFULNESS</p> <p>Shape Breathing.</p> <p>Have kids draw any shape or design on a piece of paper (or on the board). Then, have them slowly breathe in and out as they trace their finger along the shape. With this breathing technique, kids are focused just on the shape, allowing them to really calm their minds in the moment.</p> <p><small>SOURCE: Pathway 2 Success</small></p>	<p>BRAIN TEASER</p> <p>Real or Fake?</p> <p>Share a weird statement or image and ask if it's real or fake. Bonus points if it's about a topic you're learning about in class! Just head to your trusty search engine and search for "weird fun facts," and make up your own false ones!</p> <p><small>SOURCE: Performing in Education</small></p>	<p>MOVEMENT</p> <p>Dance-Off Countdown.</p> <p>Start your video lesson five minutes early so that you and your students can have a dance-off until instruction actually starts. It gets them up and moving and makes them feel like they are back in the classroom.</p> <p><small>BEST FOR GRADES PREK-5</small></p> <p><small>SOURCE: the think tank</small></p>	<p>RELATIONSHIPS</p> <p>You've Got to Read/Watch/Play This.</p> <p>Ask kids to pair up and write a short review convincing their classmate to read, watch, or play something. It allows students the chance to practice their powers of persuasion AND offer good ideas for passing the time.</p> <p><small>SOURCE: Room 213</small></p>	<p>GAMES + FUN</p> <p>Dice Games.</p> <p>Create a list of activities that correspond to the numbers on a die. Roll a die and have students perform the quick exercise or mindfulness activity that matches the number that was rolled on the die.</p> <p><small>SOURCE: Your Therapy Source</small></p>	RECHARGE