

TIPS to Incorporate Take 10! and Brain Breaks

- Schools often have the most success when they demonstrate PA Breaks during staff meetings.
- Try demonstrating and giving out a few break activities at a time, rather than a huge stack all at once.
- Modifications – Most activities can be easily modified to ensure all students can participate.
- Utilize your students and fellow teachers...they can be your greatest advocates and resources.
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- Tell your students why physical activity throughout the day is necessary (it gets the blood flowing to the brain so they can think better and will feel more alert).
- Engaging secondary students in physical activity throughout the school day can be a challenge. Students may be reluctant to participate due to feeling uncomfortable.

Creating the Atmosphere

Tips and lesson integration ideas that may be helpful for classroom teachers:

1. Start slowly and have patience. Be persistent about encouraging movement in class.
2. Ask for student input on what they would like to do for physical activity (PA) breaks.
3. Ask students to lead classroom PA breaks.
4. Use appropriate music that appeals students, especially upper elementary and teens, to encourage movement.
5. Create a voluntary PA program during lunch periods that could include Dance, Dance Revolution, Wii Fit, yoga, Pilates, Tae Bo or exercise videos.
6. Integrate movement into your class content.
7. Try to make the Brain Breaks routine in your classroom. If the students are expecting it to happen, they are more likely to participate in the activity.
8. Teacher enthusiasm for these breaks is key to their success. It is essential that the teacher participate with the children in order to make it a routine, and contribute to the cultural change that needs to take place to make the Brain Break a regular part of the school day.

School wide ideas:

1. Incorporate a fitness alarm into the school. This alarm could signal that the entire school needs to drop what they are doing and move! This of course, would have to be scheduled with a time that works for everyone.

2. If your school has morning announcements, have the PE teacher lead a fitness break for the whole school over the intercom. If no intercom is in place, the teachers could do this on their own with just a small amount of training from the PE teacher.