**Brain Breaks**

**When Should I Implement them?**

1. **Start the day!**

-Students enter the school building with different feelings, attitudes and energy levels. A great brain break is a good way to put everyone on a great path to a successful day of learning.

1. **After lunch**

-Students can refocus and get their energy right after taking in a meal. Students can use the fuel from lunch and energized brain break to keep their mind on task for learning.

1. **After recess**

-Refocus students after a bout of recess. Students will probably come back from recess with a lot of energy and their minds on everything other than learning. Take this moment to get everyone back on track.

1. **After PE class**

-PE class brings a lot of joy and excitement out of students. Their energy levels are still running high. Utilize an effective brain break to bring students back to a state of focus and concentrated energy.

1. **End the day!**

-Send students home with a relaxed and focused mindset. Students can focus on the lessons and materials learned from the day.