



## Brain Breaks Worksheet

### TEACHER GUIDANCE SHEET

#### Required Material:

- ▶ The Brain Breaks Worksheet
- ▶ Pens / Pencils

#### L.O:

- ▶ To understand what it means to recharge.
- ▶ To be able to think of ways I can give my brain a break.

#### STARTING ACTIVITY (5mins)

**GROUP DISCUSSION** – Together discuss what it means to recharge, when we might need to recharge and the different ways in which we can do so.

#### MAIN TEACHING (10mins)

Leading on from the Group Discussion tell the children that it is extremely important that we take time to recharge, and give our brain a break. Ask them to suggest other things that need recharging? Explain that just like those devices (such as a phone), if we do not recharge our own batteries, then we don't operate properly and can find it hard to do anything at all.

Highlight from the group discussion all the different ways in which we can recharge. Tell them that we can do anything that helps us unwind, quieten our mind and help ourselves become more prepared for whatever lies ahead.

#### MAIN TASK - (15mins)

Tell the children that we can try lots of different things to give our brains a break. Some things may work for some people and not for others, and other things might only work sometimes at helping us unwind and recharge.

Have them think about as many different ways they can that they might try to recharge, and then tell them to separate these into the following four categories.

#### Creative / Outdoors / Quiet / Fun

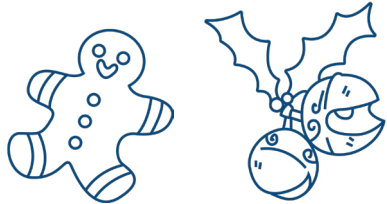
Tell them to write or draw something different for each category that they can practice the next time they want to recharge and stick it up somewhere they can see it to remind them the next time they want to take a break.

#### PLENARY (2mins)

**GROUP DISCUSSION** – Ask for volunteers to share their Brain Break ideas to display all the different ways in which we can help ourselves unwind.

#### DID YOU KNOW!

Greenland is the largest island in the world but with 80% of the land covered in ice, it is the least densely populated with only 56,000 inhabitants, many of whom live in the capital, Nuuk.



# GREENLAND GREETINGS



## Brain Breaks Worksheet

### CHILDREN'S SHEET

We can try lots of different things to give our brains a break. Some things may work for some people and not for others, and other things could only work sometimes at helping us unwind and recharge. Think about as many different ways you might try to recharge, and separate these into the following four

categories: Creative / Outdoors / Quiet / Fun. Write or draw something different for each category to practice the next time you want to recharge and stick it up somewhere you can see it to remind you the next time you want to take a break.



### CREATIVE

---

---

---

---

---

---

---



### QUIET

---

---

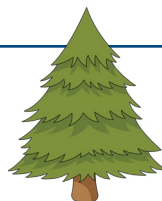
---

---

---

---

---



### OUTDOORS

---

---

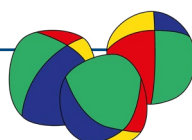
---

---

---

---

---



### FUN

---

---

---

---

---

---

---