

# Brain Breaks

**Brain breaks bring attention to the physical, mental, and social needs of learners that results in an impact of learning and community flourishing.**

## playing a game

imaginative play +  
learner designed games

## eating a snack

self-care, nourishment +  
growing independence

## visiting with friends

connecting with friends, teachers,  
peers + growing community

## quiet time to reflect

space to sit quietly +  
independently as needed,  
meeting needs of all learners

**"Mini-breaks help to support your well-being and increase productivity. A mini-break is a few minutes away from your work."**

**Kim, Park and Niu (2017)**

**"Increasing student movement increases engagement and, therefore a higher probability of information retention."**

**Robert Marzano (2012)**

*Learning for the Long-View*