Brain break log

Try a break, then note how the class settled afterwards. After two weeks, keep the ones that work.

Date and time	Brain break	Minutes	Settled? (1-3)	Notes

Settled: 1 = still unsettled, 2 = mostly ready, 3 = calm and ready to learn.

Good times to try: after 20-30 minutes of sitting, before a test, after lunch, when the room gets restless.