Our brain break routine

1

Stop

Hear or see the signal. Pens down, eyes on the leader.

2

Choose

Pick a card, spin the wheel or use the choice board.

3

Move or breathe

Timer on. Join in your way: standing, seated or watching.

4

Back to work

Three slow breaths, sit down, ready to learn.

Our signal: _____

Everyone joins in their own way. Nobody is out. Kind hands, kind words.