

Brain Breaks.

Short Brain Breaks during school work time is a good way to reduce stress, boredom and frustration, it is also a way to increase attention productivity.

Brain Breaks will help you stay active and energised.

The best time ideally to take a Brain Break would be every 30 minutes.

A Brain Break only needs to be a few minutes long. The key of a Brain Break is to take them before you start feeling tired, bored, distracted or when you feel you are losing focus.

Brain Breaks are supposed to be fun; they can be active, silly or calming it's up to you.

Some ideas of Brain Breaks could be that you go and do a dance to your favourite song. You could go and have a snack; you might want to go and do some meditation.

Brain Breaks are there for you to step away from your school work for a few minutes.

Even Teachers and Teaching Assistants have to have a Brain Break sometimes.

