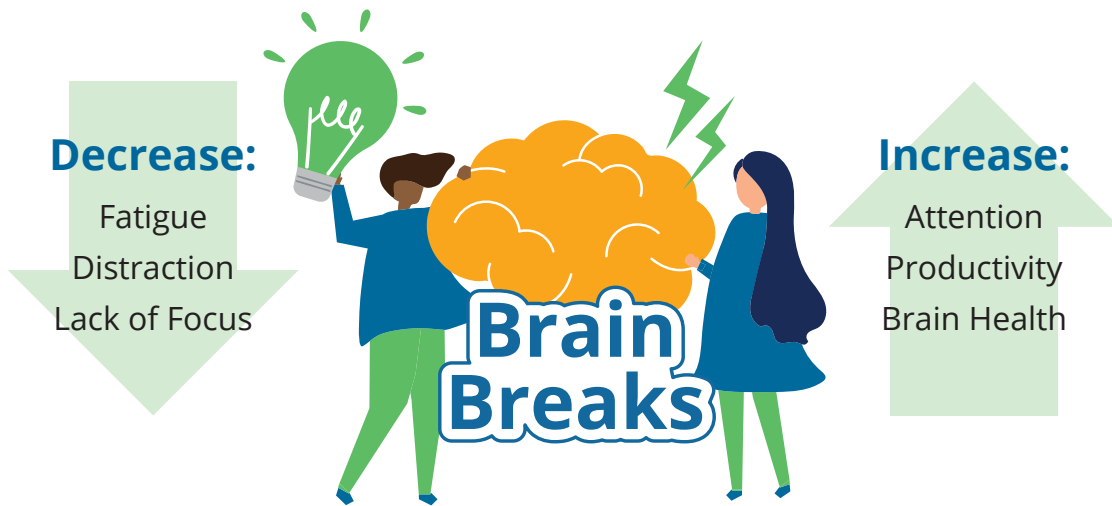


Parent Tip #3: Use Intentional Breaks to Improve Learning



Students struggle to maintain focus or pay attention

Allow for student-led choices for break times to help “push the reset button” at timed intervals or when a specific task is completed. This doesn’t mean that a child’s brain is idle during this time; rather, the child is doing the hard work of processing memories and experiences. Additionally, brain breaks can help channel a child’s endless energy into the academic activities of the day.



10-minute breaks for younger children:

- Jumping, running, dancing
- Playing with a pet
- Reading with a friend or family member
- Coloring or small crafts
- Hands-on activity, such as a puzzle or modeling clay

10-minute breaks for tweens and teens:

- Chatting with a friend
- Stretching or yoga
- Walking outside
- Cooking or preparing a snack
- Drawing or painting

