

# Brain Breaks and Active Calming



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# At Home Brain Breaks and Active Calming

**Brain breaks are short mental breaks taken throughout a lesson or academic activity. They help children remain calm, focused and engaged, and they've been shown to reduce stress. With schools closed in response to COVID-19, this guide shows you how to implement effective brain breaks at home.**

In this guide “At Home Brain Breaks and Active Calming” by Conscious Discipline Certified Instructor Bailey Lewin, you’ll find dozens of brain break songs and games. As you read through the resource, click the images for videos and songs that accompany each activity.

The guide also features active calming strategies that will keep you and your children in the optimal brain state for learning and problem-solving.

## Conscious Discipline Glossary:

- **School Family™:** Based on a healthy family model, Dr. Becky Bailey’s School Family Model creates a positive school climate that emphasizes connection and cooperation. The School Family ensures the inclusion and optimal development of all its members.

# 🎵 Brain Break Songs



🎵 Boom, Snap, Clap

KEEP YOUR  
HEAD UP

🎵 Keep Your  
Head Up



🎵 Larger Than Life



🎵 Biker Shuffle



🎵 Jump



🎵 Waka Waka



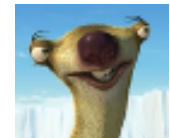
🎵 Brain Smart Time



🎵 Watch Me Listen



🎵 Tony Chestnut



🎵 Sid Shuffle



🎵 Team of Two



🎵 Get Funky



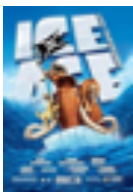
🎵 Move and Freeze



🎵 All In This Together



🎵 Encouraging Words



🎵 We Are



🎵 Bim Bum



🎵 Brain Breaks



🎵 Michelle Obama  
Dance



🎵 Can't Stop  
The Feeling



🎵 Calm My Brain

# Brain Break Games



5, 4, 3, 2, 1 (Clap)



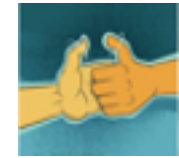
Fingers Game



School Family



Dum, Dum, Diddy, Diddy



Thumb War



Concentration



We Will Rock You



Red Hands



Down by the Banks



Tap and  
Double Tap

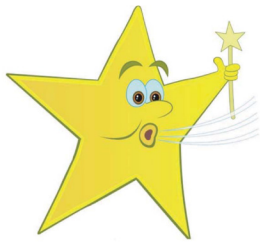


1, 2, 3 - Partner Game

# Disengage Stress



## Breathing



### S.T.A.R.

**S**mile,  
**T**ake a deep breath  
**A**nd  
**R**elax.

Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



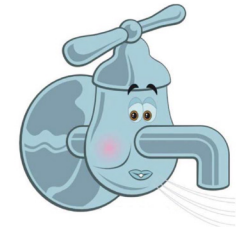
### Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a “pbpbpbpbpb” sound.



### Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



### Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “ssshhh” sound and release all your muscles, draining out the stress.



**During \_\_\_\_\_ today I will**

\_\_\_\_\_

# Brain Break Game



## **5, 4, 3, 2, 1 (Clap)**

**Shake Right Hand 5, 4, 3, 2, On 1 high-five your partner.**

**Shake Left Hand 5, 4, 3, 2, On 1 high-five your partner.**

**Shake Right Foot 5, 4, 3, 2, On 1 tap feet with your partner.**

**Shake Left Foot 5, 4, 3, 2, On 1 tap feet with your partner.**

**Continue doing the same thing while counting down.**



## School Family

I reach up,



I reach down,



I smile to all my friends/family around,

I see you,



You see me,

And together we make a family!







## Dum, Dum, Diddy, Diddy

**Dum, Dum, Diddy, Diddy, Dum, Dum, Dada  
Dum, Dum, Diddy, Diddy, Dum, Dum, Dada  
Dum, Dum, Diddy, Diddy, Dum, Dum, Diddy, Diddy  
Dum, Dum, Diddy, Diddy, Dum, Dum, Dum.**





## Concentration

### 64

**No Repeats  
or Hesitations**

**I will start  
And you will follow  
Category is:**

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## **We Will Rock You**

**Stomp, Stomp, Right Hand,  
Stomp, Stomp, Left Hand,  
Stomp, Stomp, Both Hands,  
Stomp, Stomp, Slap Legs.**



## 1, 2, 3 - Partner Game

1. Clap own hands



2. Slap own legs

3. High ten your partner

