

Classroom Brain Breaks

FOR OPTIMAL FOCUS AND LEARNING

At Brain Balance, we see the hard work, heart, and soul teachers put into making every day a success for their students, our kids. We know that for all students, learning success involves a delicate balance between the skills of focusing on a task, blocking out distractions, and the ability to absorb and memorize academic information. There are some moments throughout the school day when kids are just unfocused.

Teachers, when you've tried redirecting and reminders and your students just can't seem to stay on task, try these tips from our Brain Balance team. With these quick, three-to-five-minute brain breaks, you can help engage your student's brains and reset their minds for better attention and academic retention. Short-term, physical exercise can actually enhance and engage both a student's attention and memory. It only takes three to five minutes to engage muscles, spike heart rate and positively impact focus and memory.



**3-Minute Circuit
(Ages 4-10)**

**5-Minute Circuit
(Ages 11+)**

How to *engage the brain*

Classroom Brain Breaks*

- Tag
- Stretching
- Yoga
- Planks
- Dance to a song
- Jumping jacks
- Balancing on 1-foot
- Sit-ups
- Running in place
- High knees
- Simon Says
- Frog walk
- Army crawl

*Complete each activity for 1 minute



Breakthroughs are what we do.

We've made it our mission to help frustrated families with a drug-free program that goes beyond the more mainstream approaches you may have tried.

Brain Balance is an integrative approach to helping kids, teens, and adults improve focus, anxiety, behavior, and academics. The program can help individuals improve the critical skills needed to achieve greater success.

Integrated, Drug-Free Program

Our integrative approach combines sensory, auditory, visual, and physical exercises. You'll get nutritional guidance to provide optimal fuel for peak performance.

Dedicated Coaching

Our supportive team of experts will coach you to reach your goals. Your child will complete the program at a nearby center or from the comfort of your own home, depending on your location and preference. The program is personalized to each individual's unique goals and challenges.

Measurable Outcomes

Throughout the program, you'll receive measurable data on your progress, and what it represents in terms of your child's goals and areas of improvement.

Proven *effective* By Research^{1,2}

At Brain Balance, research is in our DNA. Research studies with Harvard University and Cambridge Brain Sciences found the Brain Balance Program effectively improves:

- FOCUS & ATTENTION
- REASONING
- HYPERACTIVITY
- VERBAL ABILITY
- MEMORY
- BEHAVIOR

The Best of All Methods

The Brain Balance Program is an all-natural, whole-body approach designed to strengthen and improve your brain's functioning – helping to positively impact many areas of your life. The program integrates cognitive exercise, physical, and sensory exercise, and nutrition methods into a single, optimized approach.

