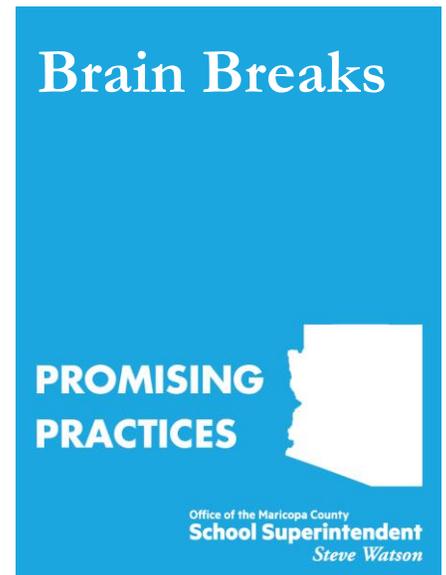


## WHAT IS IT?

A brain break is structured break time during class created to help students focus. This article provides 50 examples of brain breaks that can be implemented in your virtual classroom. The article also has links to several videos to demonstrate certain brain breaks.

## IMPACT?

According to the author, research has shown that providing students with brain breaks increases focus, increases retention of knowledge, and increases overall productivity.



## TO LEARN MORE ABOUT THIS RESOURCE:

<https://www.weareteachers.com/brain-breaks-for-kids/>