



Friday Focus

Carter County Schools

Volume 5, Issue 25 March 24, 2017

Brain Breaks In the Classroom

Many students and teachers have been sick with the flu, strep throat, stomach viruses and other physical ailments over the past few weeks. Those who have been able to hang in there are probably feeling a little drained, having no snow days to recharge them! You might be wishing for spring and feeling the need to just get up and move—to shake off the wintertime blahs! Research supports the idea that all of us need the chance to recharge and refresh every now and then in order to give our brains a boost.

One way that physical activity can be incorporated into the classroom is through the use of brain breaks. Brain breaks are simple transitional physical and mental exercises designed to equip the teacher with tools to manage the physiology and attention of the class and to keep children in the most receptive state for learning. Enhanced learning through movement (educational kinesiology) increases the oxygen in the bloodstream and leads to improved concentration, which enhances children’s readiness to learn. If these movements are structured then the whole mind body system is activated. This stimulates the nervous system across the whole brain (Teaching Expertise, 2004). Brain breaks facilitate opportunities for students to breathe, relax, recharge and refocus. High concentration can cause physical and emotional tension in students and brain breaks reduce this tension, allowing students to remain in the instructional level of learning (Townsend, 2004). Breaks during a lesson have also had a positive impact on learners’ motivation and achievement (Greany & Rodd, 2003). Exercise and movements have been proven to have positive effect on students’ enjoyment during learning, their motivation for learning and their focus (Greany & Rodd, 2003).

IMMORDINO-YANG ET AL., 2012

BENEFITS of a MENTAL BREAK:

- Boosts creative thinking
- Increases learning transfer
- Promotes empathy
- Reinforces memories
- Helps us imagine the future

Spotlight on Excellence

A few weeks ago, many of our students completed the Algebra II end-of-course assessment. Before test day, math teachers at East and West Carter High school pitched in for a day of review at math centers with all the students who would be taking the EOC. This group of students is working with Linnette Jessie at WCHS to hone their skills.

Steven Covey defines synergy as "the whole being greater than the sum of its parts." The idea of an entire math department sharing in the joy of preparing students for success on their EOC is a great example of synergy. Thanks high school teachers for all you do!



What's Happening?

- March 27 CCES Academy
- March 28 Star Academy
- March 29 ECMS Academy
- March 30 Make Up Academy

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