

Brain Break Exercises

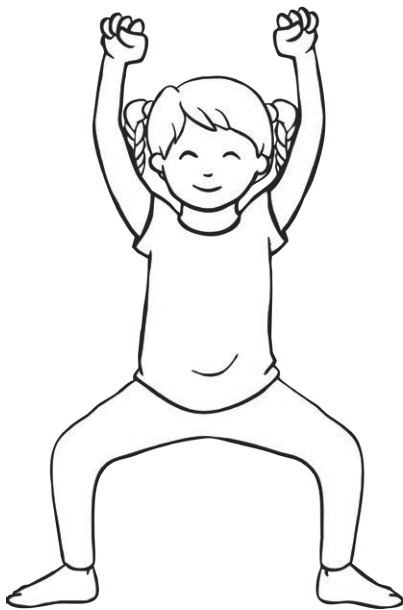
Amazing Fact

Your brain is more active when you are sleeping than when you are watching TV.

Challenge

Our brain works incredibly hard and sometimes, we find it hard to concentrate when we have been busy doing the same thing for a long time. It is good for us to have short brain breaks. These are physical activities which wake our brain up and stimulate it in a different way, so that we can go back to what we were doing and concentrate better.

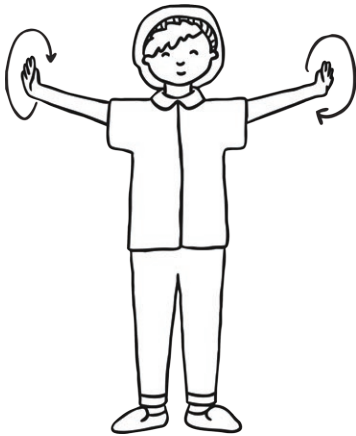
Have a go at trying out the brain breaks provided. Then try making up two of your own!



You could also try to find out:

- what happens to your brain when you watch TV;
- what happens to your brain when you sleep;
- what the difference is between your right brain and left brain;
- what the harmful effects of watching TV can be.

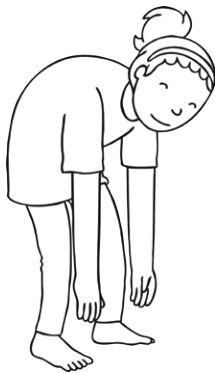
Circle your arms 15 times.



Take 10 deep breaths.



Touch your toes on your left foot and then your toes on your right foot. Repeat 15 times.



Touch your right ear with your left hand and touch your left ear with your right hand. Repeat 15 times.

