



Brain Breaks

BRAIN BOOGIE BOOSTERS

By The Learning Station & Dr. Becky Bailey

Chorus:

Brain breaks, got to take them now and then.
Brain breaks, we take them on a whim.
Brain breaks, give our mind a rest.
Brain breaks, so we can be our best.

Rev it up to activate. Bring it down to negotiate.
Cross it left, and cross it right.
Because it works both day and night.
Crisscross, it makes my brain a better boss. (2x)

Repeat Chorus

Rev it up to activate. Bring it down to negotiate.
With my arms I make a figure 8.
This helps my brain communicate.
Figure 8's, learning's great with figure 8's. (2x)

Repeat Chorus

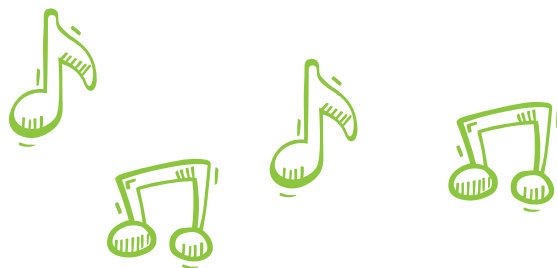
Rev it up to activate. Bring it down to negotiate.
Feet apart, hands on your knees.
Cross your shoulders, helps fatigue.
Spinal twist, it goes like this, spinal twist. (2x)

Repeat Chorus

Rev it up to activate. Bring it down to negotiate.
Rub your ears, unfold the flaps.
Listening becomes a snap.
Rub your ears. It helps us hear the music.
Rub your ears. (2x)



Time now to get back on task.
Wave to a friend, this feeling can last.
Find your seat, or sit where you are.
Slowly, calmly, be a star.



Conscious Discipline®



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Do a figure 8 by training your eyes on your moving thumb as it draws an infinity sign an elbow's length from your face. Hold your head still, cross your midline, and get ready to read!

Sing the choruses. For "Rev it up to activate" raise your arms up, for "Bring it down to negotiate" bring your hands towards the floor. For "Cross it left", your left arm and leg cross your midline to your right side, then switch for "Cross it right." Be calm at the end.

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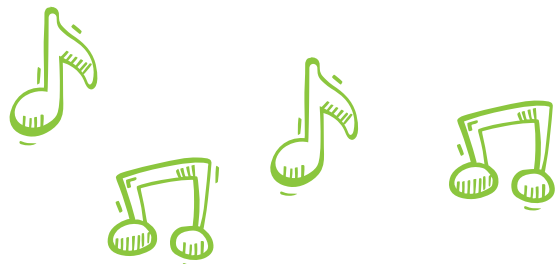
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