

Brain Breaks and Activities

PreK – 3rd Grade <https://www.youtube.com/watch?v=rx1AtWlUvEw>

4th – 6th Grade <https://www.youtube.com/watch?v=ehKCFI-UO2o>

Middle School <https://www.youtube.com/watch?v=1yWfJSwxhUQ>

High School <https://www.youtube.com/watch?v=019vhXdnxqE>

High School <https://www.youtube.com/watch?v=5apnGQHS42A>

Preschool – Junior High Brain Breaks <https://www.merakilane.com/focus-and-control-25-energizing-brain-breaks-for-kids/>