

# BRAIN BREAKS

Name	Link	Other info
Go Noodle	<a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>	
Energizing Brain Breaks	<a href="http://brainbreaks.blogspot.com/">http://brainbreaks.blogspot.com/</a>	Dave Sladkey
20 Brain Break clips- Fight the Fidgeting	<a href="http://teachtrainlove.com/20-brain-break-clips-fight-the-fidgeting/">http://teachtrainlove.com/20-brain-break-clips-fight-the-fidgeting/</a>	
20 Brain Break clips – movin’ and groovin’	<a href="http://teachtrainlove.com/20-more-brain-break-clips-fight-the-fidgeting/">http://teachtrainlove.com/20-more-brain-break-clips-fight-the-fidgeting/</a>	
20 Brain Break clips – keep on rockin’	<a href="http://teachtrainlove.com/20-brain-break-clips-keep-on-rockin/">http://teachtrainlove.com/20-brain-break-clips-keep-on-rockin/</a>	
20 Brian Break clips – dance like no one’s watching	<a href="http://teachtrainlove.com/20-brain-break-clips-dance-like-no-ones-watching/">http://teachtrainlove.com/20-brain-break-clips-dance-like-no-ones-watching/</a>	
Brain Break videos – the ultimate holiday collection	<a href="http://teachtrainlove.com/brain-break-videos-the-ultimate-holiday-collection/">http://teachtrainlove.com/brain-break-videos-the-ultimate-holiday-collection/</a>	
Energy and calm – Brain Breaks	<a href="http://www.edutopia.org/blog/brain-breaks-focused-attention-practices-lori-desautels">http://www.edutopia.org/blog/brain-breaks-focused-attention-practices-lori-desautels</a>	Edutopia
4:00 minute continuous movment/dance-some yoga	<a href="https://www.youtube.com/watch?v=YFe0I8kkFOg">https://www.youtube.com/watch?v=YFe0I8kkFOg</a>	The Learning Station
4:00 minutes Move and Freeze	<a href="https://www.youtube.com/watch?v=388Q44ReOWE">https://www.youtube.com/watch?v=388Q44ReOWE</a>	The Learning Station – following directions
HOPsports – short video clips broken down by activity	<a href="http://www.hopsports.com/content.php?pgID=289">http://www.hopsports.com/content.php?pgID=289</a>	Create and account Atlanta Falcons sponsored
32 Music/Dance video brain breaks	<a href="http://www.learningstationmusic.com/blog/2014/07/23/32-free-energizing-brain-breaks-vids-kids/">http://www.learningstationmusic.com/blog/2014/07/23/32-free-energizing-brain-breaks-vids-kids/</a>	The Learning Station
Minds in Bloom	<a href="http://www.minds-in-bloom.com/2012/04/20-three-minute-brain-breaks.html">http://www.minds-in-bloom.com/2012/04/20-three-minute-brain-breaks.html</a>	
Roll a Brain Break	<a href="https://www.teacherspayteachers.com/Product/Bra-in-Breaks-Freebie-Roll-a-Brain-Break-1301545">https://www.teacherspayteachers.com/Product/Bra-in-Breaks-Freebie-Roll-a-Brain-Break-1301545</a>	
What’s That Smell? Simon Says Workout	<a href="http://theysmell.com/keeping-kids-healthy-active/">http://theysmell.com/keeping-kids-healthy-active/</a>	

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