

TAKING BREAKS



WHY ITS IMPORTANT TO TAKE REGULAR BREAKS AT HOME

Learning from home is a new and often challenging experience. It is important that we are kind to ourselves, our minds and our bodies when doing this. This means that every day we are taking REGULAR breaks, including short breaks between lessons and longer breaks for eating, similar to our recess and lunch breaks.

Breaks are important for giving our brains and bodies are rest. Taking regular, scheduled breaks will help you to remain focused and productive. Keeping to a schedule each day will also help our bodies adjust to our new mode of learning. Below is a suggested guide for regular breaks you should have during the day.

A general guide for scheduled breaks at home:

Time	Activity	Length
9:00 – 10:15	Period 1	1 hour, 15 minutes
10:15 – 10:45	RECESS	30 minutes
10:45 – 11:55	Period 2	1 hour, 10 minutes
11:55 – 12:00	BREAK	5 minutes
12:00 – 1:15	Period 3	1 hour, 15 minutes
1:15 – 1:45	LUNCH	30 minutes
1:45 – 3:00	Period 4	1 hour, 15 minutes

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For some of us, it may be important to have more break times scheduled in the day. This is encouraged and okay, as we all require different strategies to stay engaged. It is recommended that you have as many “brain breaks” (short, 5 - 10 minute activities that give students a rest from what they’re doing to allow them to remain focused and attentive) as you need.

REMEMBER: a brain break is a chance to REFOCUS. If you find yourself getting distracted and not returning to work, you need to use a different strategy.

5 – 10 minute “brain breaks” ideas:

- Breathing exercises
- Mindfulness exercise
- Physical activity – such as star jumps, push-ups, running on the spot, kicking a ball etc
- Stretching – including one or two yoga stretches
- Colouring-in
- Make a snack
- Visualise a peaceful place
- Build something/solve something – add pieces to a puzzle, use a rubik’s cube, use playdoh etc
- Sing/dance – practice a Tik Tok
- Listen to some music with your eyes closed

More information with specific instructions for brain breaks can be found in the ‘TRAK’ folder in Google Classroom.