

Brain Breaks

What to do:

Brain breaks are great - you can plan for a brain break roughly every 30 minutes to support tamariki to re-focus. We suggest that these have the opportunity to support tamariki to work together in order to support positive relationships.

A note:

These will be things that you do already, but we've created this wee reminder because we're keen for these things to be intentional and to support your reflective practice!



Brain Breaks we love:

- **Running as a group** - (on the spot or field), almost a bit military style - mauī (left), katau (right), keeping tamariki relatively close together. Let tamariki know the purpose is to get their heart rate up and feeling the endorphins running through their body.
- **Tamariki yogi's** - Painting rainbows with their noses, ngeru (cat) to kau (cow) pose, downward facing kurī and kurī harikoa (happy dog aka three legged kurī)!
- **Set the energy levels** - Kōrero about energy levels using a continuum at the beginning of a lesson. Tamariki with the highest energy on one end, and tamariki with the lowest energy on the other (1 to 5). Korero about where they need to be as a group, who's there to pass on their contagious energy that matches the situation? Energy is contagious, so hang with each other to reset or build energy.
- **Prime some positive emotions** - think about how you'd like tamariki to feel during your activity or task. Use our emotion bubbles to support this - <https://manahau.nz/big-emotion-bubbles>.
 - Calm - with puku breathing
 - Amazed - head to the window or outside to look at the bigness of Ranginui
 - Peaceful - remember a peaceful moment you've had together, re-conjure this
 - Energised - add some music and kanikani