



30 Minute Brain Break Ideas

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Having yourself as well as your children at home for an extended period of time can be both productive and tiresome. It is good to keep each other focused on tasks at hand, whether it is schoolwork or business, however everyone needs a break sometimes. Here are some five, fifteen, and thirty-minute ideas to not only take a break, but also spend some quality time together. They are not just quick and simple but filled with an opportunity to help unleash creativity as well as physical exercise!

5 Minute Break:

- GoNoodle Videos on YouTube
- Jump Rope, Play-Doh sculptures
- Color a picture
- dance party to your favorite song
- sing your favorite song and make up silly dance moves
- Kid's Yoga YouTube Videos
- Do 5 different exercises for 1 minute each
- Build a paper airplane and fly it down the hall or outside
- Look at your favorite picture book

15 Minute Break:

- Sidewalk Chalk
- Watercolor painting
- play outside
- Ride a bike
- Play hide and seek with a sibling
- Build a Lego Structure
- Read your favorite book
- Fly a Kite outside
- Take pictures of nature from your yard
- Take turns telling silly jokes with your family

30 Minute Break:

- Play outside
- Bake a special sweet treat
- Play with your favorite toys
- Make a fort out of pillows and sheets
- Play a card game (Go Fish, Old Maid, Crazy 8s, etc.)
- Play a board game
- Create and complete a nature scavenger hunt
- Make crafts out of recycled materials
- Make an obstacle course with simple toys and complete it
- Play dress up

In short, little brain breaks during work time have been shown to have real benefits. They reduce stress and frustration and increase attention and productivity. The key is to take them before fatigue, distraction or lack of focus set in. It is good for everyone, and as a family, fun as well!