



BRAIN BREAKS

for the ART ROOM

BEACH BALL REFLECTIONS

Blow up a plastic beach ball. On each section write an element or principle of design. When students need a break from studio time, bounce the ball around. When a student catches the ball, they have to talk about the element or principle under their right hand as it relates to their work or another piece of work in the classroom.



FINISH THE DRAWING

Create a bank of index cards. On each card make one mark. This could be a squiggle, a jagged edge or part of a shape. Give each student a card and challenge them to turn that mark into a full drawing. At the end of the challenge, create a mini gallery with the results.

FINISH THAT TUNE

Ask students to pair up. Each student must then think of a song they know well. Each student takes turns humming their song. Their partner has to guess the song AND successfully hum the rest of it to their partner.



NAME THAT EMOJI

Create a bank of cards with different emojis. Ask students to pair up and then give each student an emoji card. Students must replicate their emoji using only facial expressions. Can their partner successfully guess the emoji?

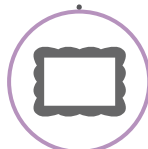
STORY STARTERS

Small groups of students (try 3) sit in a circle. One is identified as the "starter." The teacher rings a bell, and the starter begins to tell a story. After a short amount of time, the teacher rings the bell again. This prompts a shift as the student to the right continues the story. With each ring, the storyteller role moves. The teacher can ring the bell as often as they like, but they must signal the last bell ring by saying "the end is near!" That student must end the story on their turn.



VISUAL ABCs

This activity can involve the whole class! Start on one side of the room and work your way around the space. The first student has to identify something in the room that starts with the letter A (ex. apple). The next student must see something that starts with the letter B (ex. broom)...get the idea?



INVISIBLE PICTURES

Create a bank of cards with simple subjects (ex. house, flower, hat). Give each student a card and ask them to pair up. Silently, students must draw their object in the air with their finger. Watching closely, can their partner guess what they are drawing?

For more information check out [Energy and Calm: Brain Breaks and Focused-Attention Practices](#) (Desautels, 2015) and [50 Brain Breaks to Engage Students in the Classroom](#) (Wishart, 2015).