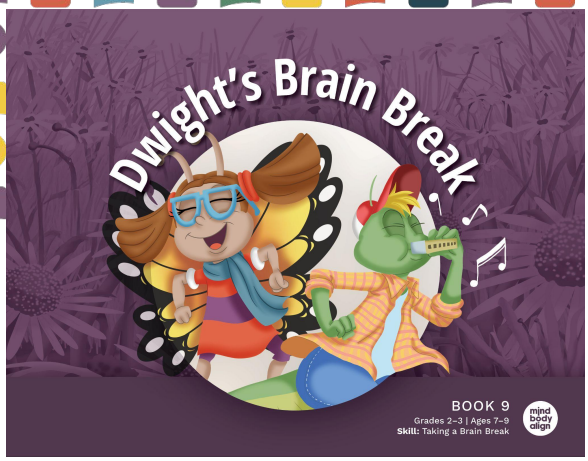

Summary of Lesson Nine

In this lesson, students learn the importance of brain breaks to help manage emotions, maintain focus, and practice self-kindness. Through discussion, modeling, and storytelling, students explore how short pauses for movement or breathing can refresh their minds and improve learning. Students practice using the sign for "rest" to ask for a break respectfully and create a collaborative Brain Break Quilt filled with ideas they can use anytime. The lesson encourages students to notice when they need a break and to apply these strategies both at school and home.

At Home Practice: Bingo Break Game

Materials Needed:

- Bingo cards (use the ones included or create your own)
- Pens or markers
- A bowl or hat
- Small pieces of paper
- Pen or pencil
- Stickers or small tokens for marking the bingo cards

Preparation:

Create Bingo Cards:

Together with your child, create bingo cards with different break activities in each square (or use the ones included). Examples of activities might include:

- Deep breathing
- Drawing
- Stretching
- Reading a book
- Listening to music
- Talking to a stuffed animal
- Taking a short walk
- Make sure each card has a mix of activities.

Write Activities on Paper:

- Write each break activity on a small piece of paper and place them in a bowl or hat.

Activity Instructions:

Introduce the Activity:

- Explain to your child that taking breaks is important for both children and caregivers to help stay focused and feel good.
- Introduce the Mindful Break Bingo game as a fun way to learn different break activities and practice taking breaks together.

Game Setup:

- Give each participant a bingo card and some stickers or small tokens to mark their cards.
- Place the bowl or hat with the activity slips in the center.

Game Rules:

- One person draws a slip from the bowl and reads the activity aloud.
- Everyone finds the activity on their bingo card and marks it with a sticker or token. Practice the activity together.
- Continue drawing slips until someone gets five in a row on their bingo card (horizontally, vertically, or diagonally) and calls out "Bingo!"

Reflection and Communication Practice:

- After completing the bingo game discuss the different break activities. Ask questions such as:
  - "Which activities do you enjoy the most?"
  - "How do you feel after taking each break?"
  - "How can we use these activities to help us feel better when we need a break?"
- Discuss how you can signal to each other when you need a break. Practice using a simple signal or phrase.

Deep breathing	Drawing	Stretching	Reading a book	Listening to music
Talking to a stuffed animal	Taking a short walk	Hugging a loved one	Drinking water	Doing a puzzle
Dancing	Playing with a pet		Writing in a journal	Looking out the window
Jumping jacks	Blowing bubbles	Playing a board game	Coloring	Building with blocks
Smelling a flower	Squeezing a stress ball	Practicing a hand signal for a break	Saying a positive affirmation	Watching a short video

Deep breathing	Hugging a loved one	Playing with a pet	Writing in a journal	Jumping jacks
Blowing bubbles	Playing a board game	Coloring	Building with blocks	Imagining a favorite place
Smelling a flower	Watching a short video	mind body align	Squeezing a stress ball	Practicing a hand signal for a break
Saying a positive affirmation	Stretching	Reading a book	Listening to music	Talking to a stuffed animal
Talking a short walk	Drinking water	Doing a puzzle	Looking out the window	Sharing a story

Drawing	Hugging a loved one	Drinking water	Dancing	Coloring
Imagining a favorite place	Squeezing a stress ball	Practicing a hand signal for a break	Saying a positive affirmation	Writing in a journal
Looking out the window	Watching a short video	mind body align	Blowing bubbles	Playing a board game
Building with blocks	Smelling a flower	Playing with a pet	Doing a puzzle	Reading a book
Jumping jacks	Deep breathing	Talking to a stuffed animal	Taking a short walk	Stretching

Drawing	Jumping jacks	Deep breathing	Drinking water	Coloring
Imagining a favorite place	Smelling a flower	Practicing a hand signal for a break	Saying a positive affirmation	Writing in a journal
Looking out the window	Watching a short video	mind body align	Blowing bubbles	Playing a board game
Building with blocks	Hugging a loved one	Playing with a pet	Doing a puzzle	Reading a book
Stretching	Listening to music	Talking to a stuffed animal	Taking a short walk	Dancing

Deep breathing

Drawing

Stretching

Reading a book

Listening to music

Talking to a stuffed animal

Taking a short walk

Hugging a loved one

Drinking water

Doing a puzzle

Dancing

Playing with a pet

Writing in a journal

Looking out the window

Jumping jacks

Blowing bubbles

Playing a board game

Coloring

Building with blocks

Imagining a favorite place

Smelling a flower

Watching a short video

Squeezing a stress ball

Practicing a hand signal for a break

Saying a positive affirmation

Sharing a story

		mind body align		

		mind body align		