

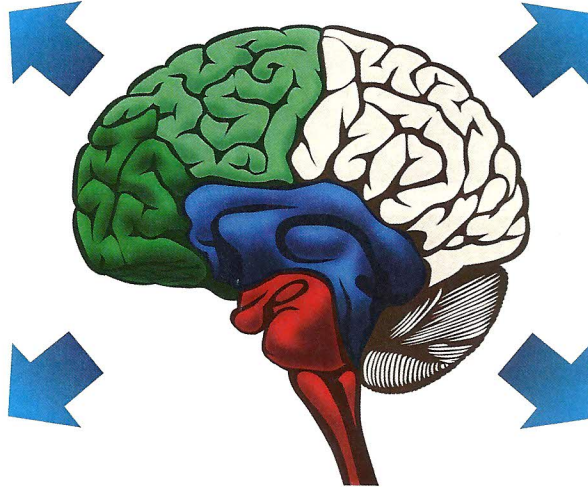


## Unite

Increase energy  
Decrease energy  
Get on same page

## Disengage Stress

Calm down classroom  
Organized quiet  
Shift gears/transitions



## Connect

Increase attention  
Increase motivation  
Impulse control  
Organized energy

## Commit

Activate Frontal Lobes  
Focus attention  
Increase success

## Brain Breaks

When do I use a brain break?

- Transition Times
- Class is Off Task and Needs to Refocus
- Low Energy/High Energy

Activities for Low Energy (to increase attention and motivation)

- Songs to Unite & Connect (*I Love You Rituals™*)
- Chants
- Movement
- Exercise

Activities for High Energy:

- Organized Movement Activities
- Breathing Exercises
- Quiet Music
- Hand Massages with "Calming Cream"
- Yoga