



5 Minute Brain Break

Brain Breaks are just as beneficial for you as they are for your students! Research shows even a 10-minute burst of activity will increase your mental health and cognitive functioning. So, get your students involved and do a 5-10 minute movement break a few times throughout the day.

Some ideas include:

- Take the stairs when possible
- Burpees
- Jumping jacks
- High Knees
- Jump Rope
- Skaters
- Ankle Taps

For more information on teen depression, check out www.ErikasLighthouse.org



Erika's Lighthouse