

Brain Breaks & Transitions

Sixty-second resets for the wobbly bits of the day

Every day has them: the after-lunch slump, the mid-lesson fidgets, the scramble to line up. A short, planned reset settles the room far faster than soldiering on. Print these, keep them on a ring, and draw one when you need it.

The idea in one line

When the room tips, run a sixty-second reset, then carry on.



Wake it up

shake off the slump



Settle it down

calm before learning



Move them on

a clean, quiet change

How to print and use it

- Print at A4 or US Letter. Colour or ink-saver, both work the same.
- Cut the cards, pop them on a ring by the board, and draw one when the room needs it.
- Teach a few favourites so the class knows them by heart, then you just call the name.

When the room tips, do not push through it. Run a sixty-second reset, then carry on. A calm minute spent now saves the next twenty.

Lantern Path Books

From Lantern Path Books - a gentle, no-prep classroom resource for primary teachers.

Move It

Wake-up breaks for the slump and the fidgets

Nine quick energisers to shake off the after-lunch slump and reset wandering attention. Thirty to sixty seconds each, then straight back to learning. Cut them out for the ring.



1

Ten star jumps, then freeze like a statue until I say go.



2

Cross-crawl: touch your right hand to your left knee, then swap, ten times.



3

Shake it out: one arm, the other, each leg, your whole body, then stop still.



4

Air-write your name as big as you can, using only your nose.



5

Stand tall, reach for the sky, then fold down slowly like a rag doll.



6

March on the spot and count quietly to twenty.



7

Five big silent claps high over your head.



8

Pretend to climb a tall ladder, ten big steps, then look at the view.



9

Wiggle ten fingers and ten toes, then sit as still as a stone.

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Settle Down

Calm breaks for before you start, and after the storm

Nine quiet ways to bring a wound-up room down before learning, and to help after a big or busy moment. A calm minute, not a lesson. Cut them out and keep them with the others.



1

Smell the flower, blow out the candle: breathe in slow, out slower, five times.



2

Sit tall, drop your shoulders, and take three slow, quiet breaths.



3

Trace slowly up and down each finger of one hand with the other.



4

Find five things you can see, then four you can hear, then close your eyes.



5

Press your palms together, push gently, and count to five. Do it three times.



6

Squeeze your hands into tight fists, then let them go soft. Five times.



7

Rest your head on your arms and listen for the quietest sound in the room.



8

Follow my hand with your eyes as it floats up and down, and breathe with it.



9

Picture a calm place that you love. Stay there for three slow breaths.

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Smooth Transitions

The four cues that turn a scramble into a calm change

Transitions eat more time than lessons do. Teach these four cues once, print them for the wall, and the changes through the day get quick, quiet and predictable.

1 Voices off

Count down from five with your fingers. By one, all eyes are on me. No words, just the count.

2 Tidy and ready

Three jobs: clear the table, push in your chair, hands still. Done before the timer beeps.

3 Line up well

Stand, push in, walk, line up facing the front. Quietest table leads the way.

4 Track the speaker

Whoever is talking, we look at. Eyes and ears on the speaker, voices off.

The Wet-Day Lunch

Quiet games that keep thirty children settled indoors

The rainy indoor lunch is its own kind of hard. Here are nine calm, low-mess games that need nothing but the class and the room. Pull one out when the rain sets in.



1

Heads down, thumbs up: a few children tap, the rest guess who.



2

The quiet game: who can be still and silent the longest?



3

Draw and pass: start a picture, pass it on, add to the next one.



4

Twenty questions: one child thinks of a thing, the rest ask yes or no.



5

Silent ball: pass a soft ball with no sound. A noise means you sit out.



6

Story chain: each child adds one sentence to a class story.



7

Would you rather: pose a funny choice, hands up for each side.



8

Beat the teacher: I look away, you freeze, I try to catch a wriggle.



9

Dot to dot or doodle quietly with the person beside you.

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Which Break, When?

A quick guide, and the short reason it helps

Match the break to the moment, and a wobbly stretch becomes a calm one. A practical classroom routine for the teaching day, nothing more.

Match the break to the moment

- After lunch or assembly, run a SETTLE before you start. A wound-up room cannot listen yet.
- When focus slides mid-lesson and the fidgets start, run a MOVE, then come straight back.
- Before lining up or changing rooms, run a TRANSITION cue so the change is calm, not a scramble.
- On a wet-day indoor lunch, a couple of quiet games keep thirty children settled in one room.

Why a reset helps

A short change of state, a stretch of movement or a calm minute, helps a class come back ready to listen. It is a small reset, not a fix, and it works best used little and often.

The thinking behind it

Mahar, M. et al. (2006). Effects of a classroom-based program of physical activity on on-task behaviour. *Medicine & Science in Sports & Exercise*.

A short state change is a simple classroom routine for everyday use, not a behaviour programme or a medical tool.