

SENIA Conference Brain Breaks and Energizers

Purpose: To help to re-activate the brain when participants have been sitting for extended periods of time and need to re-focus

Share a fun website and move your body	Suggestion: Go Noodle
Share a fun mindful minute engagement	Mindful Minute
Toilet Paper Flip: Just for Fun	Participants who would like to participate can put their names in a bowl. Choose the number of players based on the number of spatulas/toilet paper rolls. Players have 1 minute to flip the TP on their spatula. Each flip that stays on the spatula is counted. Highest number wins the prize.
Rock Paper Scissors challenge	Challenge someone, you lose, you sit down, you win, you keep going. Continue until there is one winner for the group.
Line up	Movement break: Between EACH session have participants get up and line up in some simple order (birth months, age, height) - Have fun with it!
Check out all these ideas on understood.org	