

# BRAIN BOOSTS

Try one or more of the following prompts to reinforce self-regulation strategies

## Breathing Brain Boost

Let's **PAUSE** and do a **Breathing Brain Boost**. To do this, we will pretend to blow petals off a dandelion. Let's do this a couple times together.



## Quiet Time Brain Boost

Let's **PAUSE** and do a **Quiet Time Brain Boost**. To do this, let's close our eyes and sit in silence for one minute.

## Movement Brain Boost

Let's **PAUSE** and do a **Movement Brain Boost**. To do this, we can {insert movement activity here: *jump, dance, stretch, run, etc*}



## Positive Affirmation Brain Boost

Let's **PAUSE** and do a **Movement Brain Boost**. To do this, we can [insert movement activity here: *jump, dance, stretch, run, etc*].



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