



## Energizing Brain Breaks

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By David U. Sladkey

SAGE Publications Inc, United States, 2013. Spiral bound. Book Condition: New. 140 x 118 mm. Language: English . Brand New Book. The fastest way to keep your students engaged It s an all too familiar sight: that glazed look in your students eyes. They ve been sitting or listening for too long. What they need is an Energizing Brain Break-a quick physical and mental challenge that s like hitting the refresh button on your computer, but for your students. This practical full-color flip book contains 50 highly effective, classroom-tested brain breaks that you can put to immediate use across the grades. No preparation or supplies are required; just one to two minutes of your time when you see a need. You ll find pictures, directions, and online videos for activities such as: Slap Count Letters: students alternate slapping each other s hands while spelling a word Rock, Paper, Scissors, Math: partners reveal a certain number of fingers to each other, and the first person to add them together wins Bizz-Buzz: groups of students count from 1 to 40 using a combination of numbers and words There s no better way to help students remain sharp and alert, reenergized to take...



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