

Brain Break Choice Board

1 MINUTE BREAKS
CLICK ON THE TEXT TO
ACCESS THE BREAK

CALM
BREATH
BUBBLE

breathe in

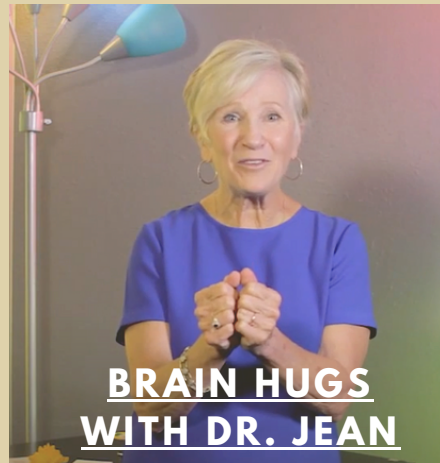
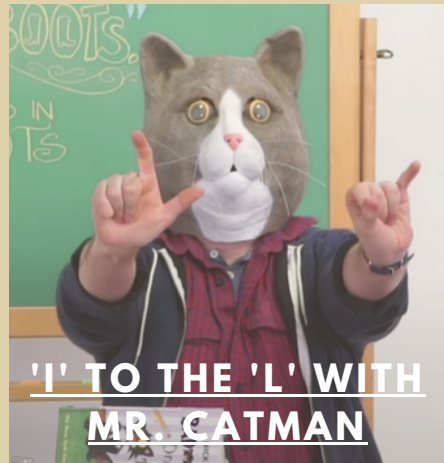
MEDITATION

Welcome to
Headspace

KIDS CRASH
NEWS
REPORT

RELAXING
BEACH

SELF-PACED
STRETCHING



3 MINUTE BRAINERCISE

BRAIN BREAK

FOR MORE MOVEMENT, CHOOSE FROM BELOW

