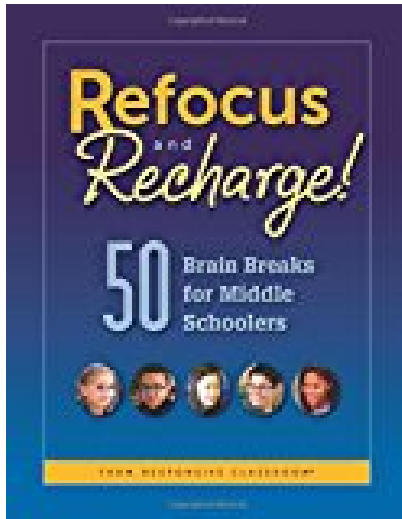


Refocus and Recharge! 50 Brain Breaks for Middle Schoolers



BOOK DETAILS

- Author : Responsive Classroom
- Pages : 104 Pages
- Publisher : Center for Responsive Schools, Inc.
- Language : English
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BOOK SYNOPSIS

These quick, easy-to-learn activities give students much-needed mental and physical breaks, plus safe, structured ways to interact with peers. As a result, students are refocused and recharged and can more fully engage with the content you teach. Some brain breaks, like "In the Bag," are calming and reduce stress; others, like "Twisted Brain," energize bodies and minds. And you can use brain breaks anywhere, anytime! This handy book includes: Clear, easy-to-follow instructions Tips for success Sample words and actions Suggested variations Reproducible handouts

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