






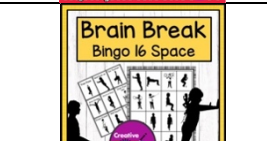

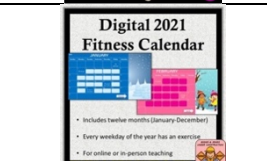

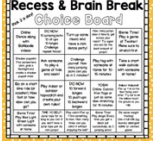









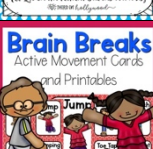
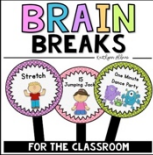



Resource List for Brain Breaks

Teachers Pay Teachers

	<p>Fitness Bingo – 30 Different Bingo Cards-Great for Distance Learning https://www.teacherspayteachers.com/Product/Fitness-Bingo-30-Different-Bingo-Cards-Great-for-Distance-Learning-1689869?st=46bf2ec6234c51b64ae79a6e5dcedf02</p>
	<p>Fitness Bingo – Brain Breaks or Physical Education https://www.teacherspayteachers.com/Product/Fitness-Bingo-Brain-Breaks-or-Physical-Education-2850547?st=779aee098032ffc7e005b5166d99a389</p>
	<p>Tic-Tac-Toe Fitness – 15 Tic-Tac-Toe Exercise Cards- Great for Distance Learning https://www.teacherspayteachers.com/Product/Tic-Tac-Toe-Fitness-15-Tic-Tac-Toe-Exercise-Cards-Great-for-Distance-Learning-1705728</p>
	<p>Bitmoji Virtual Classroom Templates Brain Break Editable Distance Learning https://www.teacherspayteachers.com/Product/Bitmoji-Virtual-Classroom-Templates-Brain-Break-Editable-Distance-Learning-6002834</p>
	<p>Digital Brain Teasers for Teens https://www.teacherspayteachers.com/Product/Digital-Brain-Teasers-For-Teens-5430173</p>
	<p>Roll a Brain Break Activity Bundle Distance Learning https://www.teacherspayteachers.com/Product/Roll-a-Brain-Break-Activity-Bundle-Distance-Learning-5557654</p>
	<p>Brain Break Activity Gross Motor Exercise Games https://www.teacherspayteachers.com/Product/Brain-Break-Activity-Gross-Motor-Exercise-Games-3524166</p>
	<p>Brain Break Activity Movement Bingo 16 space https://www.teacherspayteachers.com/Product/Brain-Break-Activity-Movement-Bingo-16-Space-3185994</p>
	<p>Brain Break Activity: Movement Bingo 25 space https://www.teacherspayteachers.com/Product/Brain-Break-Activity-Movement-Bingo-25-space-3049297</p>
	<p>Digital 2021 Fitness Calendar https://www.teacherspayteachers.com/Product/Digital-2021-Fitness-Calendar-6204790</p>

	<p>20 Warmers, games and brain breaks for online classes/distance learning https://www.teacherspayteachers.com/Product/20-warmers-games-and-brain-breaks-for-online-classes-distance-learning-6005627</p>
	<p>Distance Learning! Recess & Brain Break Choice Board https://www.teacherspayteachers.com/Product/Distance-Learning-Recess-Brain-Break-Choice-Board-5464673</p>
	<p>PE Thanksgiving Fitness Game Board – Warm Up, Brain Breaks, Distance Learning https://www.teacherspayteachers.com/Product/PE-Thanksgiving-Fitness-Game-Board-Warm-Up-Brain-Breaks-Distance-Learning-6232249</p>
	<p>PE in Classroom & Distance Learning Fitness Chutes and Ladders https://www.teacherspayteachers.com/Product/PE-in-Classroom-Distance-Learning-Fitness-Chutes-and-Ladders-5819569</p>
	<p>Movement Break Cards https://www.teacherspayteachers.com/Product/Movement-Break-Cards-5087016</p>
	<p>Brain Break Activity Cards Distance Learning Move it Move it https://www.teacherspayteachers.com/Product/Brain-Break-Activity-Cards-Distance-Learning-Move-It-4919971</p>
	<p>Animal Walk Activity Bundle: brain breaks, sensory processing, coping strategies https://www.teacherspayteachers.com/Product/Animal-Walk-Activity-Bundle-brain-breaks-sensory-processing-coping-strategies-3780839</p>
	<p>Sensory Break Movement Cards https://www.teacherspayteachers.com/Product/Sensory-Break-and-Movement-Cards-3295903</p>
	<p>Brain Break Activity Cards 84 Actions https://www.teacherspayteachers.com/Product/Brain-Breaks-Activity-Cards-2612580</p>
	<p>Brain Breaks & Activity Cards for Classroom Management https://www.teacherspayteachers.com/Product/Brain-Breaks-Activity-Cards-for-Classroom-Management-2569942</p>
	<p>Brain Breaks https://www.teacherspayteachers.com/Product/Brain-Breaks-2552712</p>
	<p>Brain Breaks - Active Movement Cards and Printables https://www.teacherspayteachers.com/Product/Brain-Break-Active-Movement-Cards-and-Printables-1322699</p>



	Brain Breaks for the Classroom! https://www.teacherspayteachers.com/Product/Brain-Breaks-for-the-Classroom-1040268
	60 Brain Break Cards for the Socially Distance Learning Classroom https://www.teacherspayteachers.com/Product/60-Brain-Breaks-Cards-plus-Cards-for-the-Socially-Distance-Learning-Classroom-956957
	Sensory Break Cards https://www.teacherspayteachers.com/Product/Sensory-Break-Cards-4095423
	Move It! French Exercise Flash Cards for Brain Breaks https://www.teacherspayteachers.com/Product/Move-It-French-Exercise-Flash-Cards-for-Brain-Breaks-and-DPA-2705860

Other Links that may be of interest:

Cardio Desk Drumming	https://www.facebook.com/middlebranchavondalepe/videos/343759036947142/
	https://www.youtube.com/watch?v=caElkEZPTMc
Drum Fitness with Noodles	https://www.youtube.com/watch?v=cIDv-f9Mn_g
PhysEd Workout with a Foam Noodle – Noodlecize !	https://www.youtube.com/watch?v=Ph7bBHDNUjQ
Noodle Activities	https://www.youtube.com/watch?v=1Gu6C5HfGuM
DrumFit	https://www.youtube.com/watch?v=TojUm29Yh9Y
	https://www.youtube.com/watch?v=vDSzwK6vSOA
	https://www.youtube.com/watch?v=LkYtIvgaBuQ
	https://www.youtube.com/watch?v=onTz1d3dx18
Cosmic Kids Yoga	https://www.youtube.com/user/CosmicKidsYoga Squish the Fish A Cosmic Kids Yoga Adventure!
Tabata	Tabata 5 min teacher animated https://www.youtube.com/watch?v=cPn-15F_Rsc

	Tabata 4 min students animated – grade 2 and up https://www.youtube.com/watch?v=MKVe4Zs6KRk
Active Hallway	https://www.youtube.com/watch?v=faxXq6NQxD0&feature=youtu.be
The OT Tool Box	Best Brain Breaks Videos on YouTube https://www.theottoolbox.com/best-brain-breaks-videos-on-youtube/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes

Programs which are presently being used in various schools across the province of Quebec

Boks Fitness Program	https://www.bokskids.ca/
Cerveau Actif Cerveau Performant	<p>Program information, if you would like information related to their training program, please email genevieve.fullum@cspo.qc.ca</p>  <p>Présentation du projet</p> <p><small>Le projet Cerveau Actif Cerveau Performant a pour but de permettre à toute l'équipe enseignante d'être impliquée dans le développement et la mise en œuvre de programmes d'activités physiques en classe. Ce projet est financé par le ministère de l'Éducation, du Loisir et du Sport du Québec.</small></p> 

Some French resources for Pauses-actives:

Magazine 100 degrés	https://centdegres.ca/magazine/activite-physique/150-idees-dactivites-physiques-classe-eleves/?utm_source=facebook&utm_medium=display&utm_campaign=campagnecontenu&utm_content=150ideesdactivitesphysiqueclasseeleves
Webtélé Force 4 dur Grand défi Pierre Lavoie	https://www.force4.tv/fr/qu-est-ce-que-force-4
La campagne WIXX de Québec en Forme	<p>10 pauses actives https://www.youtube.com/watch?v=j5QgjGBAKu4&feature=youtu.be&list=PLeMp3RrGD1UpsHwT-eJcmLeiV8A9fQo2m</p> <p>3 tutoriels de percussion corporelle https://www.youtube.com/watch?v=0sjMK6XqxfA&list=PLeMp3RrGD1UrfUrveGHsAtngoZVdkvVJ5</p>
Grand défi Pierre Lavoie – cubes énergie	Routine de danse et yoga https://www.youtube.com/watch?v=taJVH4rqXDE&t=22s
Le Réseau H2Go – pauses actives	https://www.youtube.com/watch?v=4jKNz06Td8A
Jeunes en santé	15 capsules pour bouger en classe https://jeunesensante.org/bouge-en-classe/
Takabouger	https://www.youtube.com/channel/UCR8GHtmmBRellcblaGHABxQ