
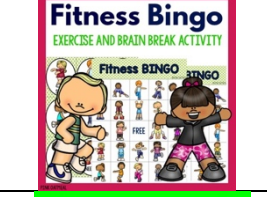

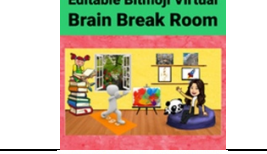


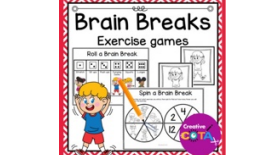
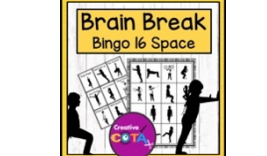



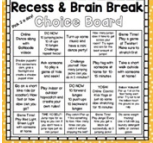




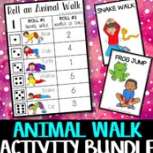





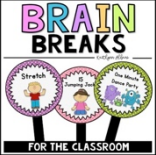



## Resource List for Brain Breaks

### Teachers Pay Teachers

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

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



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

### Other Links that may be of interest:

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

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

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

Boks Fitness Program	<a href="https://www.bokskids.ca/">https://www.bokskids.ca/</a>
Cerveau Actif Cerveau Performant	<p>Program information, if you would like information related to their training program, please email <a href="mailto:martine.demers@rsb.qc.ca">martine.demers@rsb.qc.ca</a></p>  <p>Présentation du projet</p> <p><small>Le projet Cerveau Actif Cerveau Performant a pour but de permettre à votre élève d'être actif, d'être en mouvement et de développer ses capacités motrices, cognitives et sociales. Ce projet est financé par le gouvernement du Québec et le ministère de l'Éducation, du Loisir et du Sport.</small></p> 

## Some French resources for Pauses-actives:

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