5 minute brain breaks
There’s a short brain break activity for every part of the day. Calm the classroom with a
or energize your students depending on the time of day. Get students focus to the
learning taking place while allowing a break from the usual schedule.

Sign up or log in
Set up a class or use the demo class
Choose your classroom Champ avatar
Click Play
Choose the video needed for the brain break

Spend some time viewing the videos to know what will work with your students.