

# BRAIN BREAKS

## What are our two types of Brain Breaks?

1. A 'Brain Food Snack' in the morning that refuels our LEGENDS bodies (fruit, veges, plain popcorn, nuts, cheese, yoghurt, crackers or sandwiches are ideal foods).
2. A 'Brain Energiser' which is a 'little burst' of exercise. This includes fitness, sport, fresh air, dancing, games, stretching & yoga.

Drinking water is encouraged.

Brain breaks happen at regular times throughout the day.

Brain breaks support LEGEND'S wellbeing.



Brain breaks help our LEGENDS stay focused for learning.

Brain breaks help reset our brain physically so we are ready to learn.

Brain breaks help support positive relationships with others.

**Ārahi, Kairangi, Nahanaha, Manawaroa, Kotahitanga, Rae Pakari**

**LEAD, EXCELLENCE, ORGANISED, RESILIENCE, INCLUSIVE, DETERMINED**