

"15 SECOND BREAK" ACTIVITIES IN THE CLASSROOM

1. Stand at your desk, and push your chair back a little bit. Put your hands on the edge of your desk, lean on them, and lift your feet up off the floor for 5 seconds. Remember to keep your elbows bent. Then put your feet back down.
2. Sit at your desk. Reach across the top of it and grab onto the other side of your desk with your hands. Pull on your desk, and squeeze it into your chest/stomach for 5 seconds. Then let go and relax for a bit.
3. Pretend that your hands and fingers are paint brushes. Swish them back and forth on the top of your thighs quickly, changing from the palm side of your hand to the backside of your hand.
4. A couple of deep breaths, taken in slowly through your nose and blow out your mouth, can be good.
5. Sit in your desk chair, put your left hand over your head and lean to your right. Hold for 5 seconds. Repeat on your other side.
6. Clasp both of your hands together and put them on top of your head. Gently push your head down with your hands. You can push until you count to five and then rest.
7. Sit tall in your chair. Now, plop your bottom up and down in your chair quickly. Keep your feet on the floor, and use your arms to help you raise up, and then plop back into a sitting position. Do this quickly – about 2 times per second.

Adapted from Deborah Dougherty, MS, OTR/L