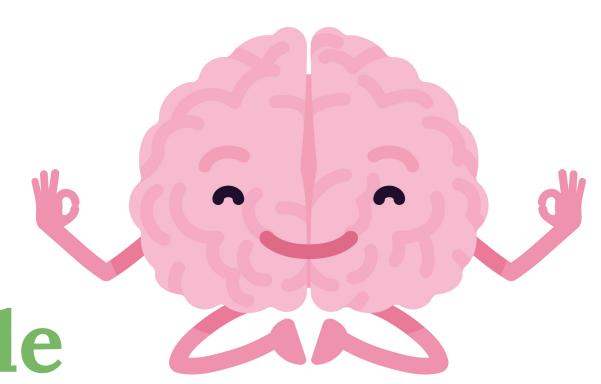


Our Classroom Brain Break Schedule



MON	IDAY		

	THURSDAY	
•		

TUESDAY	

FRIDAY	

WEDNESDAY O O O O







Suggestions: Chime, Breathing Ball, Glitter Jar, etc. Scan the QR code for more brain break ideas! **Pro Tip:** Be proactive by scheduling 3-4 brain breaks throughout the day rather than waiting until dysregulation occurs.