



Practical usage of brain-break activities and
elements of mindfulness - the way to successful
learning in NUS

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<https://youtu.be/zCPRB8AAIzY>



Фактори, які впливають на процес навчання ✨



Позитивне
налаштування



Тривога



Спокійна
атмосфера



Стрес





Brain-break activities:

руханки

ігри

пальчикова гімнастика

Mindfulness

дихальні вправи

питання та вправи

на самопізнання

**Ніколи так глибоко не
копався у собі як на
уроках англійської**



Що я люблю?

Яка у мене
мрія?

Ким я хочу стати?



happiful


Is something worrying you? Write it down on a worrypuff and place it in the worry Tree. By writing down your worry and talking about it with someone, you can set it free and leave it for the worry Tree.

1 of 3





I Am As...

- quick as a _____
- funny as a _____
- smart as a _____
- sweet as a _____
- happy as a _____
- silly as a _____
- loud as a _____
- brave as a _____
- strong as a _____
- tall as a _____

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POSITIVE SELF-TALK WHEEL

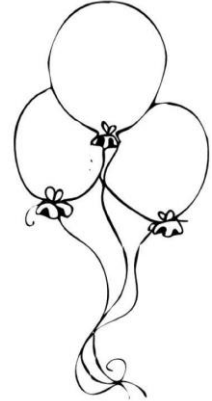


WWW.MINDMYPEELINGS.COM



Let it go.

Sometimes, we get upset over things that we can't change or control. It can help if we tell ourselves to "let go" of those things! What can you let go of? Draw or write it in the balloons, and let them go!



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Варіанти дихальних вправ

Ready to feel calmer, more focused, and relaxed?

SUN BREATHING

Slowly trace the sun rays with your finger as you breathe in and out.

Start Here



A yellow sun with rays. Each ray has a white arrow pointing outwards and the text "BREATHE IN" or "BREATHE OUT" written along it. A blue arrow points to the top-left ray, labeled "Start Here".

**SOFTEN YOUR FACE,
RELAX YOUR
SHOULDERS AND
SMILE!**

MINDFULMAZING.COM

Deep Breathing Pumpkin

TRACE THE RIDGES OF THE PUMPKIN.
TRACE UP & BREATHE IN.
TRACE DOWN & BREATHE OUT.



THE OT TOOLBOX.COM

Deep Breathing EXERCISE



Place your finger on a white dot. Trace the arrow and take a deep breath in. Pause at the end of the arrow. Trace the next arrow and breathe out. Continue around the image several times.

OT

www.theOTToolbox.com

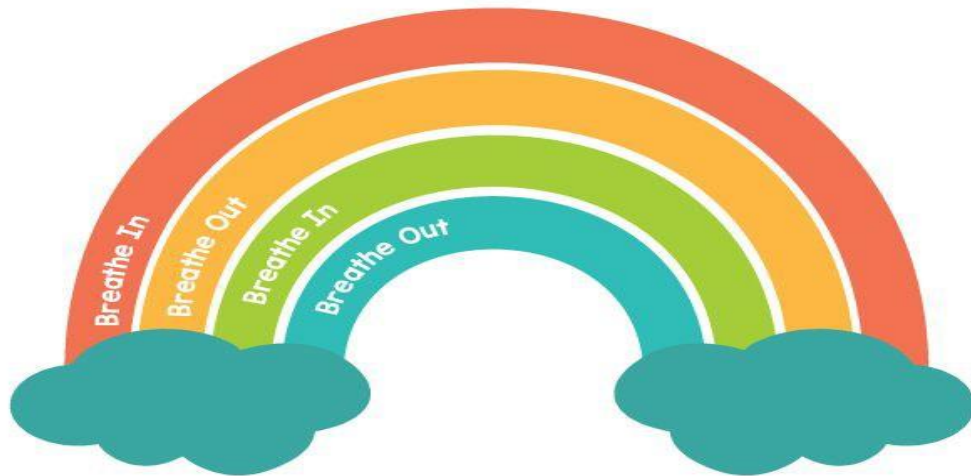
A Breathing Exercise



MyChild at CerebralPalsy.org

Trace and Breathe

Trace along the rainbow with your finger
as you breathe in and out



5-4-3-2-1 Mindfulness

List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

www.beautyandthebumpnyc.com





Руханки

Emotions Action Song

If you're happy and you know it
clap your hands.

If you're mad and you know it
cross your arms.

If you're frustrated and you know it
stomp your feet.

If you're excited and you know it
jump up and down.

If you're sad and you know it
make a frown.

If you're scared and you know it
hide your face.

www.whatimeforflashcards.com

730 SAGE STREET

SUPER FUN EXERCISES FOR KIDS

an activity for kids

what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & USE EACH ONE THREE TIMES FOR LETTERS YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A jump up & down 10 times	N pick up a ball without using your hands
B spin around in a circle 5 times	O walk backwards 50 steps and skip back
C hop on one foot 5 times	P walk sideways 20 steps and hop back
D run to the nearest door and run back	Q crawl like a crab for a count of 10
E walk like a bear for a count of 5	R walk like a bear for a count of 5
F do 3 cartwheels	S bend down and touch your toes 20 times
G do 10 jumping jacks	T pretend to pedal a bike with your hands for a count of 17
H hop like a frog 8 times	U roll a ball using only your head
I balance on your left foot for a count of 10	V flap your arms like a bird 25 times
J balance on your right foot for a count of 10	W pretend to ride a horse for a count of 15
K march like a toy soldier for a count of 12	X try and touch the clouds for a count of 15
L pretend to jump rope for a count of 20	Y walk on your knees for a count of 10
M do 3 somersaults	Z do 10 push-ups

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM. WWW.THEYMELL.COM

ROLL THE DICE LET'S GET MOVING!

- RUN IN PLACE
- TOUCH YOUR TOES
- FROG JUMPS
- ARM CIRCLES
- JUMPING JACKS
- DANCE PARTY!

WWW.LETSMAKEUP.COM



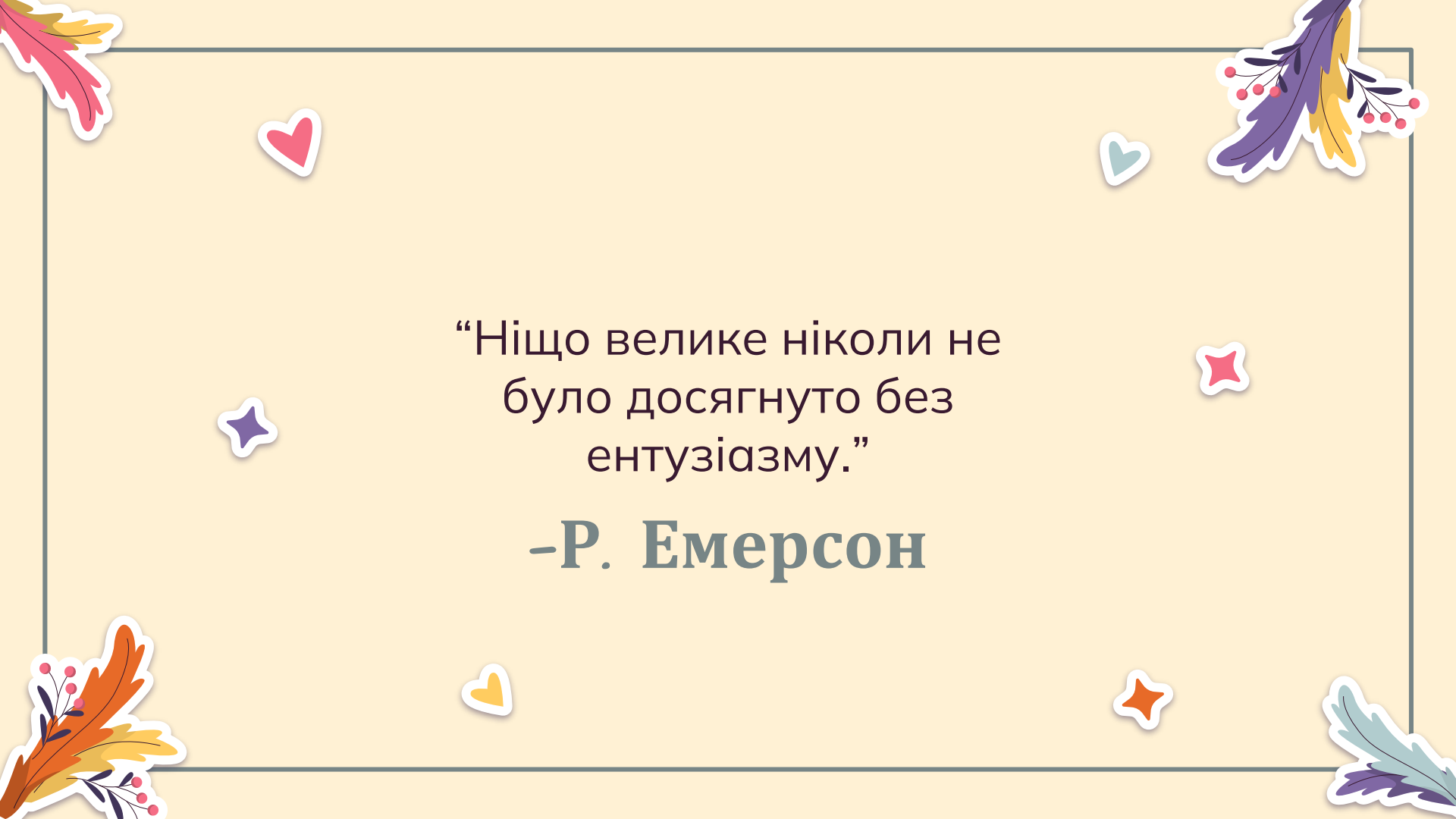
Ігры

- Simon Says
- Yes\No\Stand up
- Mirror Me



Clap your hands,
Touch your toes,
Put your fingers on your nose.
Clap your hands,
Jump up high,
Wiggle your fingers
And reach for the sky!





“Ніщо велике ніколи не
було досягнуто без
ентузіазму.”

-Р. Емерсон

Thanks!



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