

Download Energizing Brain Breaks David Sladkey

Our students should have a kinesthetic brain break every 25-30 minutes. Brain breaks are refreshing to students and teachers alike. They do take some time out of class, but the efficiency of our students goes up when we incorporate them. David Sladkey has been teaching high school mathematics since 1987. He was named Teacher of the Year for Naperville School District 203 in 2007 and the Office Max Innovative Teacher of the Month in March of 2009. Energizing Brain Breaks is an excellent resource for quick simple challenging activities that students can do to activate their brain for more optimal learning. **ENERGIZING BRAIN BREAKS BOOK** The Energizing Brain Breaks Book is available by clicking [here](#). It has 50 activities inside. It has color cardstock pages with a laminated cover and is spiral bound.