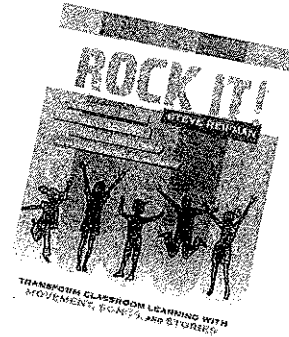


# Best of Brain Breaks: Ms. O'Brien's Quick Picks

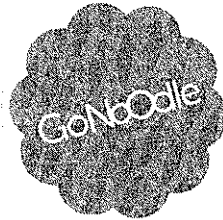
## \*Best Book:

Rock It! Transform Classroom Learning  
with Movement, Songs and Stories'  
(Reifman, 2013)



## \*Best Online Source:

GoNoodle: Sign-up for free at [www.gonoodle.com](http://www.gonoodle.com)



## \*Best Cheapo Trick:

Movement Sticks: Write simple exercises on popsicle sticks; have students complete the exercises for 1-3 minutes.



\*Follow me on Pinterest at: 4-O Brain Breaks. I created this account with boards that showcase only what I consider to be the best in terms of resources, research, Brain Break ideas, relaxation techniques, and music breaks.