

## BREAK TIME

# Bust a move and get in the groove!

**Materials:** Worksheet copies

**Directions:** Read the worksheet, complete the activity and discuss as a group.

S-T-R-E-S-S. We often experience it when trying to complete our homework.

So, how can we lower our homework stress level?

## Breaks are a simple way to calm homework stress. Breaks allow us to rest, reset and return to work.

Think about commercial breaks during TV shows. How do they help? Well, they allow us to refill our drink, grab a bite or let the dog out.

The truth is, we all benefit from breaks. Just as breaks are helpful to TV shows, breaks are helpful during homework. Let's do an activity that explores taking a break.

**STEP ONE**

Stand in a circle. Taking turns, show the group a dance move or any movement, such as stretching or exercising, that lets you take a break. After each person demonstrates their move, the group will mimic the move a few times.

**STEP TWO**

After everyone has shown their move, let's discuss how movement allows us to re-energize and refresh for homework tasks. Which moves did you learn today? How can they reduce homework stress in the future?

