



LESSONS ON THE FLY



Curated resources from your friends at WGUV & PBS Learning Media.

Social Emotional Learning Brain Breaks PreK- 2nd

Brain Break 1: Arm Stretch

Ms. Amy leads a playful stretch that builds roots and reaches for the sky.

bit.ly/3Bi50xZ

Brain Break 2: Balloon Breath

Ms. Amy demonstrates how to take a deep breath in like you're blowing up a balloon as a way to help build self awareness and calm the body and mind.

bit.ly/3S5LTID

Brain Break 3: Bee's Breath

Ms. Amy shows how to be a bee and work out the internal buzzing of your mind and body.

bit.ly/3Be0F8A

Brain Break 4: Feelings Song

Ms. Amy demonstrates how you can own your feelings with a song.

bit.ly/3cFXU7s

Brain Break 5: Feelings Sing (with Emoji)

Ms. Amy demonstrates how you can own your feelings with a song.

bit.ly/3vf0lmb

Brain Break 6: Five Finger Breath

Ms. Amy shows how to guide your breathing by tracing your fingers.

bit.ly/3zylFT

Brain Break 7: Jump & Pause

Sing and jump along with Ms. Amy for this fun and catchy body break.

bit.ly/3PWDXyk

Brain Break 8: Lion's Breath

Join Ms. Amy as she demonstrates how to use Lion's Breath as a way to let go of anger and feel more calm inside.

bit.ly/3z6xtiQ

Brain Break 9: Listening Breath

Ms. Amy demonstrates how to use listening breath as a way to calm your body and mind so you can focus.

bit.ly/3zybxPb

Brain Break 10: More We Get Together

Let's get together and sing along with Ms. Amy on this classic message of warmth and community.

bit.ly/3z171ql