



Welcome!

**Brain Break Bonanza:
Learning Games That Actually Teach**

Log In to Discovery Education!

1. Scan the QR Code or visit app.discoveryeducation.com
2. **Log In** using the credentials below!



Username: **TCEA2026**

Password: **Discovery**

*Scroll to Curriculum Packs to access Mystery Science, Science Techbook, and Career Connect.



Welcome



Kyle Perri

Partnerships Manager
Discovery Education

Agenda

- + Intro/Brain Breaks 101
- + Activity 1: Digital Scavenger Sprint
- + Activity 2: Pass-The-Pattern
- + Activity 3: Build-A-Bonanza
- + Other Brain Breaks
- + Reflection

“Research consistently shows that short, intentional pauses in instruction improve cognitive performance, behavior, and long-term retention.”



Kyle P.
★★★★★

Sources:

- “Why Are Brain Breaks Important? The Science Behind Classroom Movement and Mental Resets” – Dr. Nadia Ray (2025)
- “Brain breaks: An evidence-based behavior strategy” – Amanda Morin, Dr. Ellen Braaten (2024)
- “Brain Breaks: The Science Behind it and the Benefits” – Jacquelyn Duran, M.Ed. (2024)

**Reduce
Cognitive
Overload**

**Enhance
Creativity &
Problem Solving**

**Improve
Working
Memory**

Brain Breaks 101

**Increase
Engagement &
Motivation**

**Reduce
Student/Teacher
Stress**

**Boost
On-Task
Behavior**

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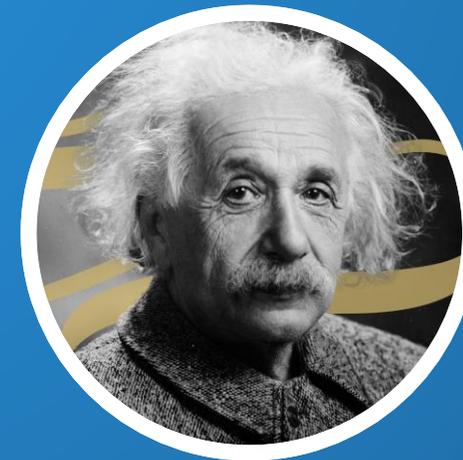
Activity 1: Digital Scavenger Sprint!

** Use a team selection randomizer! **

Considerations

- Small groups
- Grouping Strategy
- Timer (mine is kinda boring)
- Task Card / List
- Repository for artifacts
- Incorporate multiple fluency modalities!
- Should not take more than 5 minutes!

“We are slowly going one example at a time because we aren’t as smart as the kids.”



Albert E.
★★★★★★

Activity Round 1: Digital Scavenger Sprint!

What is an **ADJECTIVE** that comes to mind when you explore Discovery Experience Channels?

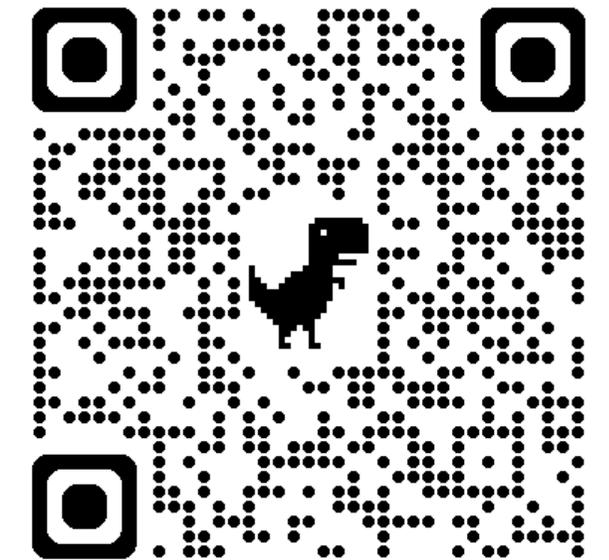
Example Stem: An adjective that comes to my mind when I explore Discovery Experience Channels is _____ because _____.



Activity Round 1: Digital Scavenger Sprint!

Search in Discovery Experience for “Civil Rights”. What **E MOTION** do you feel when browsing these resources?

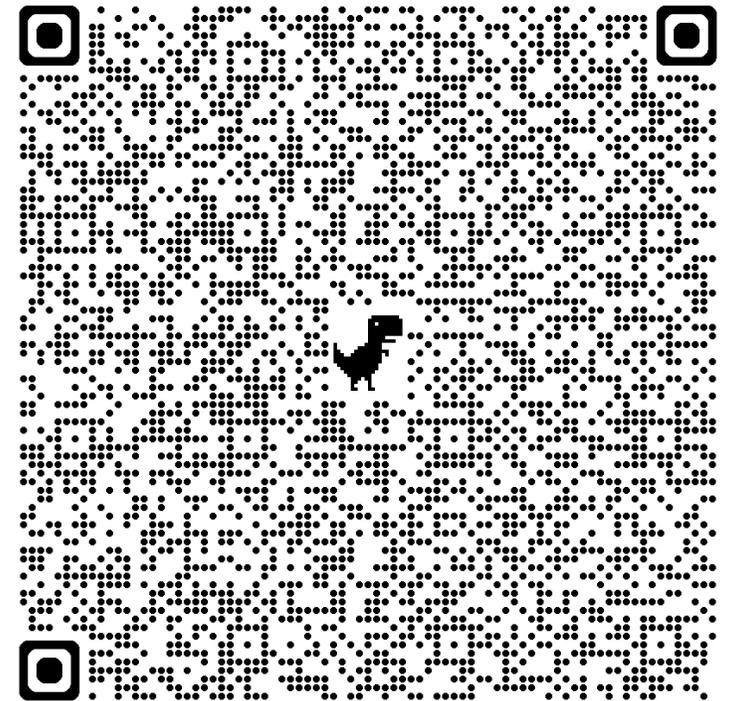
Example Stem: An emotion that I feel when browsing the Civil Rights resources in Discovery Experience is _____ because _____.



Activity Round 1: Digital Scavenger Sprint!

Find an Elementary Math Interactive in Discovery Experience that you find **INTERESTING**.

Example Stem: An elementary math interactive that I found interesting in Discovery Experience was _____ because _____.



Activity Round 1: Digital Scavenger Sprint!

**** BONUS! ****

Did anyone notice a pattern/theme happening with the activities for the scavenger hunt?

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Activity 2: Pass-The-Pattern

** Use a team selection randomizer! **

“Pass-The-Pattern plays on the most basic form of blended learning... utilize a simple, tech-only tool (like a video/image) and combine it with a hands-on, movement enhanced student activity. For this activity, it’s a version of the classic game of Hot Potato!”

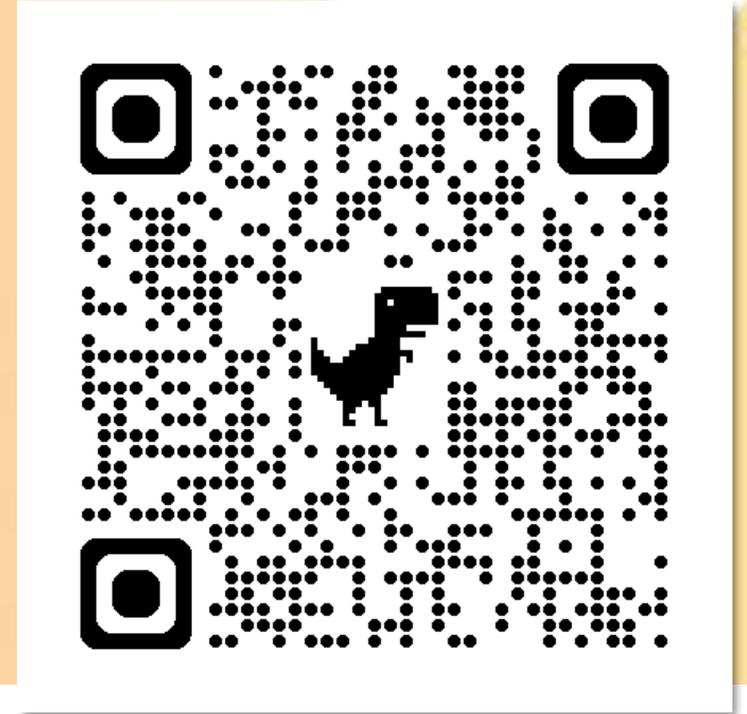


Kyle P.
★★★★★

Activity Round 2: Pass-The-Pattern



*Check it Out!*TM
with Dr. Steve Brule

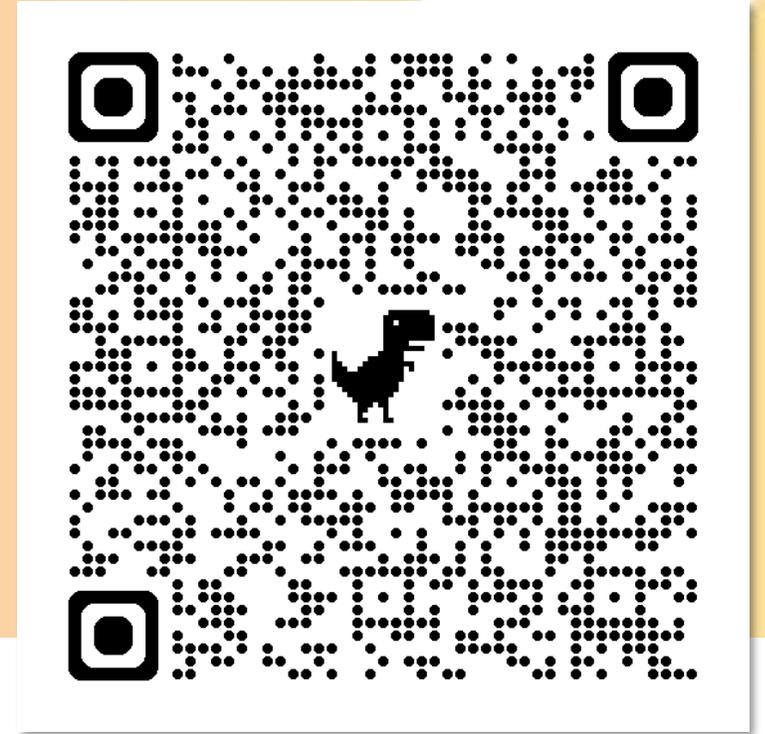


Discovery Experience Careers Hub!

Activity Round 2: Pass-The-Pattern



*Check it Out!*TM
with Dr. Steve Brule



Discovery Experience Sandbox AR

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Activity 3: Build-A Bonanza

**“Aren’t you glad this session is finally almost over? I know I am.
Can’t you tell from my face?”**



Kyle P.



Other Brain Breaks:

- *Split-The-Room!*
- *Jumping Bean*
- *Red Light, Green Light*



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