

AI-Powered Brain Breaks

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Brain breaks are short breaks during lessons that usually incorporate physical activities or movement. Brain breaks are proven to increase student focus, engagement, and learning. Research shows that on-task behavior tends to decline the longer the lesson, and brain breaks can help curb that decline. **Take a look at the research** represented in this graph:

Four Facts About Brain Breaks

Yes, elementary children are less attentive as lessons increase from ten to thirty minutes. One way to trick our brains into paying more attention? Incorporate short brain breaks! Let's consider **these four facts**:

- Mixing in brief bouts of physical activity can keep children on-task and focused.
- Brain waves indicative of mental fatigue increase during bouts of sustained attention. They decrease during breaks.

If AI-powered tools can assist with saving time, make my job as a teacher easier, and boost student learning, why not take advantage of them? This suggests another question: How should we, as teachers, use new AI-powered chatbots to make that work easier? Let's explore one way.

AI Chatbots for Generating Brain Breaks

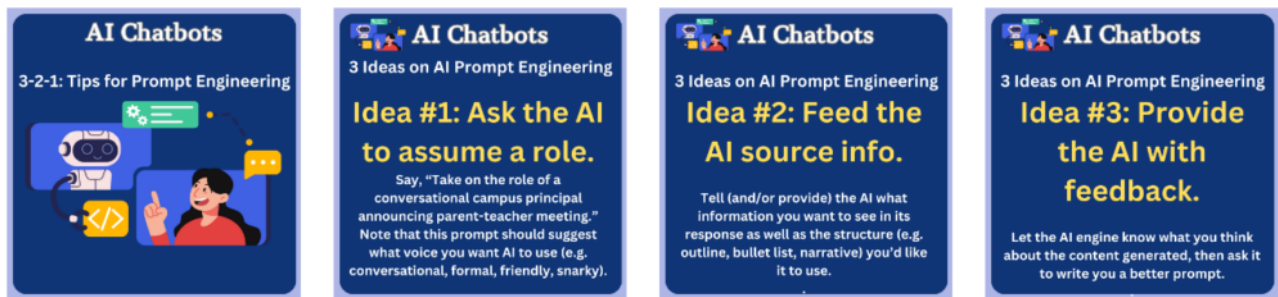
There are many chatbots available to help educators complete a variety of tasks. Some chatbots are available for free while others cost money, but most offer a free or trial account. Some of my favorite chatbots include:

Tips for Prompting AI

When providing prompts for AI, it's important to be clear, precise, and directive in order to get the response that best meets your needs. Here are three tips that can help ensure you get the results you want from your prompts:

1. Ask the AI to assume a role.
2. Feed the AI source info.
3. Provide the AI with feedback to hone the response.

[Learn more via this 3-2-1 blog](#) on prompt engineering!



[Get this infographic!](#)

Example Prompts for Brain Breaks

Here is an example prompt for you to try. This prompt incorporates the three tips above. Linked below it, you can click to view the text prompt and several different AI responses to the prompt. Feel free to copy and paste the prompt and edit it to meet your needs.

Brain Break Elements



- Slow movement, every 10-15 minutes
- Listen to music or slow beat to calm the brain and give it rest from strenuous thinking and problem-solving
- Use balancing and changes in posture
- Types of breaks: Movement, talking, recess,

Sample Brain Break Prompt for AI

Assume the role of a sixth grade teacher. Use a tone that is educational but suitable for middle school students. Come up with a slow movement brain break activity that incorporates balancing and posture changes.

[See results.](#)

Try this prompt for different AI chatbots you have available or that are free for your use.

Here is one example response generated by [Perplexity](#), which includes citations:

Perplexity

To all my wonderful sixth graders, it's time for a slow movement brain break activity that will help us improve our balance and posture. Let's try the "Tree Pose" from yoga. Here's how to do it:

1. Stand up straight with your feet together.
2. Shift your weight onto your left foot and bend your right knee.
3. Place the sole of your right foot on the inside of your left thigh or calf. Avoid placing it on the knee.
4. Bring your hands together in front of your chest, like you're praying.
5. Find a spot to focus on in front of you to help you keep your balance.
6. Hold this pose for 15-30 seconds, then switch to the other leg.

This activity will help us relax, improve our balance, and focus our minds. Let's take a few minutes to do this together. Enjoy the calm and the challenge of finding your balance!

If you want to explore more activities to improve your balance and coordination, you can also try balancing on one leg, walking heel to toe, or jumping softly. These activities are not only fun but also great for enhancing your balance and coordination skills.

Now, let's get up and give the Tree Pose a try!

Citations:

[1] <https://www.teacherspayteachers.com/Browse/Search:balancing%20postures>

[2] <https://www.lausd.org/cms/lib/CA01000043/Centricity/Domain/245/IG%20MS%206.pdf>

[3]

https://www.pdst.ie/sites/default/files/Sample%20Lesson%20Plan%20-%20Gymnastics%20Lesson%202%20-%20Balancing_0.pdf

[4]

<https://www.miracle-recreation.com/blog/improving-balance-and-coordination-in-children/?lang=can>

[5] <https://developearngrow.com/balance-movement-activities-to-improve-visual-skills/>

[View the Results](#)

[More Ideas for Brain Breaks and When to Use Them!](#)

[Bonus: Bell Ringer AI Prompt!](#)

Sample Bell Ringer Prompt for AI

Assume the role of a sixth-grade teacher. Use a tone that is educational but suitable for middle school students. Come up with a bell ringer activity that focuses on Claim, Evidence, and Reasoning (CER) for Texas Science TEKS for sixth grade.

[See results.](#)

Try this prompt for different AI chatbots you have available or that are free for your use. More ideas for brain breaks and [when to use them](#).

Bell Ringer Elements



- Be specific that you want a short bell ringer activity (entry or exit ticket type)
- Provide background information for the activity, including curricular data and content area
- Emphasize brevity or be prepared to say, "Make it shorter" or "Make it more concise."

View the Results

What are some other ways you can use chatbots to advance teaching and learning in your classroom? Now that you've had a moment to explore AI-powered brain breaks, what are your takeaways? Let us know in the comments!