

PHYSICAL BIBLE BRAIN BREAKERS

These brain breaks stimulate and energize while others will quiet the children down and exercise to help their focus. They do meet different needs. Some breaks will only take seconds while others will take a couple of minutes.

There is a rule of thumb that the attention span for younger children is about one minute per year of age. This can be expanded depending on the degree of excitement and importance. Just understand that it can be a ticket for trouble if you expect younger children to have a longer attention span.

Benefits:

1. The lateral body movement (right hand, left leg; left hand, right leg) helps the brain to focus.
2. If the children are too rowdy, these physical brain breaks will have them settled down in no time at all.
3. Breathing techniques helps the oxygen to flow to the brain for clearer thinking.

STRETCHES

A good way to activate sluggish children, ask them to stretch and breathe. Stretching and breathing moves muscles and increases the flow of oxygen to the brain. Stretching is a great brain break!

FINDING THE GOOD IN OTHERS (John 15:12)

Jesus told us to love others as He loves us. When you love other people, you recognize the good in them.

Ask the children to stand with arms stretched out, not touching anyone else. Have them to turn their head to over their left shoulder as far as they can to see the good in everyone they see. Remind them to move slowly and to breathe properly. Increased breathing provides additional oxygen to the brain, which helps to function more productively.

GODLY STRETCHING (Genesis 1:1-8)

Ask the children to stand, and then to bend to touch the earth that God created. Hold position for about 5 seconds, and then stand back up. Then have the children reach as far up as they can. Tell them to reach for the sky that God created, and hold this position for five seconds. Have them bend to the right to reach out to others they love. Then bend to the left side, reaching out to those who are not loved.

WALK TO BETHLEHEM (Luke 2:4-5)

Fix on the floor a straight line from duct tape to keep the child's mind focus. Invite the kids to walk from Nazareth to Bethlehem just as Mary and Joseph made that long trip to where Jesus was born.

TIP: By having your younger children place one foot in front of the other will help their intense focusing. Once the child has mastered this, then have them swing their arms while walking.

WALK FROM JERUSALEM TO JERICO (Luke 10: 25-37)

Lay out a random walking pattern around the room and speak about the story that Jesus spoke of about the man who made a trip to Jericho from Jerusalem.

TIP: By having your younger children place one foot in front of the other will help their intense focusing. Once the child has mastered this, then have them swing their arms while walking.

MARCH AROUND JERICO (Joshua 6:2-5)

Joshua marched around the city walls seven times. On the seventh time, the priests blew the trumpets, and the walls tumbled down. Have the children march in place. As they march with the left leg, have them raise their left arm and so on. You can have the children blow whistles on the 7th time around.

MEASURED BREATHING (Psalm 46:10)

Have the children take three deep breaths while they place their thumb and forefinger on their nose, and slowly exhale through the mouth. Then, have them to close off the left nostril and deeply breathe in to the count of five, hold for five counts and slowly exhale through the mouth. Then close of the right nostril and deeply breathe in to the count of five, hold for five counts and slowly exhale through the mouth.

GOD'S LOVE IS INFINITE (Matthew 28:16-20)

Before Jesus went to be with God, he told His disciples that He would be with them forever. Infinite means that something goes on forever and never ends. The symbol for infinite is the number eight on its side. Place two objects on the floor and have the children walk a figure eight around the objects.

TIP: By having your younger children place one foot in front of the other will help their intense focusing. Once the child has mastered this, then have them swing their arms while walking.

LEAPING FOR JOY (Luke 6:23; Acts 3:1-10)

If the children are too rowdy or out of control, introduce to them a controlled energy break that will diffuse them. Have the children to stand and do ten leaps for the Lord as Jesus told us in the Sermon on the Mount or as the man who was healed at the temple by Peter and John.

MATTHEW, MARK, LUKE AND JOHN

With the song, "Head, Shoulders, Knees and Toes" substitute it with the four Gospels, but using the same motions.

The first stanza would go like this: Matthew (touch head), Mark (touch shoulders), Luke (touch knees) and John (touch toes).

TIP: Add rhythm instruments as the children become more familiar with the exercises stimulates the brain and makes learning a lot easier. Include body movement to increase learning as well.

LITURGICAL DANCE (Psalm 150)

Let the words of a hymn that all know dictate the movements to create a dance. Listen to the hymn the first time through then have the children close their eyes and move to the rhythm of the music. Provide streamers, flags, instruments or scarves to create a dance for the Lord.

SIGN LANGUAGE (Psalm 121:2)

American Sign Language is an excellent way to incorporate movement into saying a Bible verse. Movement imprints the brain, making memorization easier.

[Click here](#) for ASL online video for further instruction of Signing Bible Verses.

[Click here](#), Matthew 6:14-15

[Click here](#), Isaiah 6:3

[Click here](#), Hebrews 11:1

[Click here](#), Matthew 2:2

[Click here](#), The Lord's Prayer (Matthew 6:9-13)