TEACHER TOOLKIT

Brain-break week: Grades 2-3

Hoppo
playhoppo.com/teacher-toolkit.html

Week of _____ Five breaks, 3-5 minutes each, with a no-tech back-up for every day. Each Hoppo break opens from its QR code (point a phone or tablet camera at it) or from the link on the toolkit page.

DAY	HOPPO BREAK	QR	IF THE SCREEN IS DOWN
Mon 3 min	ENERGIZE **Energize Brain Break** Hoppo calls the moves (jumps, stomps, run in place, dance and freeze). The whole class copies.	Scan to open	**NO-TECH OPTION** Freeze dance with any song. Add a "skip around the room" round.
Tue 3 min	QUICK MATH **Math Catcher** A question at the top, numbers falling. One student catches the answer; the class shows it on fingers.	Scan to open	**NO-TECH OPTION** Jump the answer: the teacher says "4 + 3", the class jumps that many times.
Wed 5 min	CALM **Calm Brain Break** Five minutes of slow stretches, balance and breathing before a test or after a busy morning.	Scan to open	**NO-TECH OPTION** Reach, fold forward, roll up slowly, then five slow breaths in through the nose and out through the mouth.
Thu 3 min	SKIP COUNTING **Count in Order** Pop the numbers in order. Later levels count by 2s, 5s and 10s. Class counts out loud.	Scan to open	**NO-TECH OPTION** Skip-count steps: count by 5s as you take one step forward each time.
Fri 5 min	TURNS **Bubble Pop** Five students, one minute each. The class cheers and counts the pops together. Camera or touch.	Scan to open	**NO-TECH OPTION** Leap-and-freeze: leap over a taped line, then freeze in a balance until the count of five.

PICKING A BREAK

Energize = jumps and stomps to wake the room. **Calm** = slow stretches and breathing. Hoppo's Brain Break needs no camera, so it works on a school computer with the camera blocked. Games with a camera follow one player; the class cheers or takes turns.

MOVEMENT OUTCOMES (SHAPE AMERICA, 2013)

- **S1.E1.2** “Skips using a mature pattern.”
- **S1.E1.3** “Leaps using a mature pattern.”

The no-tech ideas use skipping and leaping, so they give extra practice time with these outcomes. Breaks are extra practice time, not PE instruction.