

Study Break Exercise Video

Hello, my name is Mary Jane. Today I will teach some calming activities.

We will start with breathing.

Breath in, breath out.

Again.

Breath in, breath out.

Again.

Breath in, breath out.

Thank you.

Now roll your head to the left four times.

Thank you.

Now to the right.

Now reach up to the sky, and relax.

Again.

Relax.

Again.

Relax.

Again. Reach up to the sky.

Relax.

Thank you.

Now share your whole body.

Shake, shake, shake!

And relax.

Good job.

Have a good day, thank you!

Bye.