

Someone wrote the memo for me this week...

[World Feeling too Apocalyptic? Take a Break with "The Log"](#)

I've been following Robert Bush Sr. and his trailcam videos on Facebook for a while. Seeing nature just doing what nature does is somehow soothing to my soul. But even if that isn't your thing, we can all find something to help us take a mini-break from the stressors in our world right now.

Taking a mental health break is a good tool to teach our students as well. Taking a break isn't ignoring that problems exist, it is a practice of mind to set problems aside for a brief period and allow yourself a break. When we operate too long at a high level of stress, making choices, controlling our tempers, and finding focus all become more difficult. It can also be detrimental to our physical health. Taking mini-mental health breaks can help students regroup and be better prepared to cope with whatever they may be dealing with. Students need a more guided approach than just being allowed to watch a video, listen to music or put their head down though. If we don't teach them how and why to take a break it likely will become just quiet time to continue to mull over their current stressor(s) or social time to discuss those stressors with friends.

The classroom can be a great place to teach students the value of a brain break. Brain breaks are often used with younger children to help restore focus but they're important for middle school students too.

<https://www.studentcenteredworld.com/brain-breaks-for-middle-school/>

Brain breaks are mini-mental health breaks and can be great teachable moments. if you use them, be sure to help students understand why.

If your interested in using more mental health focused breaks with students, refer back to the article on mindfulness activities for kids

(<https://positivepsychology.com/mindfulness-for-children-kids-activities/>) or try some of the SEL and mindfulness videos on GoNoodle or YouTube.

For more on brain breaks, check out this article on how to implement "brain breaks" into your classroom routine:

<https://www.edutopia.org/blog/brain-breaks-focused-attention-practices-lori-desautels>

Here are more brain breaks for middle-schoolers:

<https://www.middleweb.com/34355/50-brain-breaks-for-middle-schoolers/>

I hope you all had a happy and healthy Wednesday!