

The logo features the words "BRAIN BREAK" in large, white, bold, rounded letters with a thick dark blue outline. These letters are set against a background of five vertical, rounded rectangular bars in red, orange, yellow, green, and teal. Below this, the word "BOPS" is written in a smaller, dark blue, bold, rounded font, flanked by four small dark blue circles.

# BRAIN BREAK

## ..BOPS..

Follow the video  
Student Wellbeing Hub  
[bit.ly/brain-break-bops](https://bit.ly/brain-break-bops)



Point your toes on your front foot and lift your heel for 30 seconds.



Stretch your front foot so only your heel is touching the floor for 30 seconds.



Breathe in slowly through your mouth.  
Breathe out slowly through your nose.



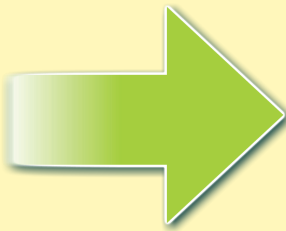
Stretch your fingers wide apart and hold them stretched out for 30 seconds.



Stretch your arms above your head and hold your hands together for 30 seconds.



Push down on your chair with your arms and lift your bottom up for 30 seconds.



Bring your knees to your chest, lie back and rock from side to side for 30 seconds.





Bring your knees to your chest and rock forwards and backwards for 30 seconds.