



# Off-Screen Engagement Brain Breaks

Encourage students to do one or more of the “off screen” engagement brain-break  
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## Daily Student Reflection

At home today, I \_\_\_\_\_

which helped me learn / create / feel

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While completing the activity, it made me think...(about a time in class/ a lesson recently learned/ an outside learning experience)

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While I was away from the screen, I was able to...(relax/ learn a new skill/ connect with a family member)

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