

BRAIN BLASTER OF THE WEEK

The Impact of a Brain Blaster

Sometimes it feels like there are just not enough hours in the day to get everything done let alone have the time to get the class organized for a classroom physical activity. But what if we told you that those extra minutes of physical activity could make a world of difference for your students' learning?

Composite of 20 student brains taking the same test



This image shows the difference between a brain after activity and a brain while sedentary (Hillman, 2008) You don't have to take 20 minutes out of your day to reap these wonderful benefits. Studies have shown that even bouts of activity lasting 3-5 minutes can have a significant impact on your students' on task behavior(Mahar, 2006).

Click below for the Brain Blasters Video of the Week

[My Perspective on Brain Blasters](#)