GRACE PLACE®
For Children & Families

Home-Learning Activity

WEEK OF: May 18-22

THIS ACTIVITY IS FOR GRADE/S: Kinder - 5Th Grade

Title of Activity:

Cosmic Kids Brain Break

Learning Outcome:

Students will reduce their stress from virtual learning by taking a brain break.

Description of Activity:

Students will take a break from their virtual school work and watch a Cosmic Kids YouTube video for brain breaks. They will revisit the video or other brain break videos on the playlist as they might need to throughout the day.

Activity Resources:

https://m.youtube.com/watch?v=38oQkm1MQjI