



USE WITH:

Individual students, small group, or whole class



GRADE LEVEL:

Upper elementary, middle school, or high school



CONTEXT:

Remote friendly

CLASSROOM ACTIVITY

Use Music Breaks to Get Energized and Focused

Increase class energy and focus with music and dance breaks.

Created by [Hip Hop Public Health](#)

Description:

This collection of short music and dance activities can help students get energized and stay focused. Exercise and music can provide a needed brain break during a long day.

Prep time needed:
5 minutes

Est. time to complete:
5 minutes

Steps:

1. Sign in to (or create) your [Hip Hop Public Health](#) account.
2. Select a video or song from the [resources listed here](#), or use the filters to select one you prefer.
3. If choosing a dance or movement break, acknowledge with your students that it can feel strange to move in new ways. Reassure them you'll all be doing it together. Model vulnerability and belief in the experience by moving with your students.
4. Enjoy a dance or music break to energize your class, for a break between activities, or to break up a class period or long sessions of screen time.

Tips for Educators:

- Be sure to create a Hip Hop Public Health account before leading the activity.
- Remind students that dancers come in all shapes and sizes and that you can dance sitting, standing, with your whole body, or even with just one finger.
- For accessibility and usability by all students, turn on closed-captioning for the video(s).



Inspired by:

1. Masini, A., Marini, S., Gori, D., Leoni, E., Rochira, A., & Dallolio, L. (2020). Evaluation of school-based interventions of active breaks in primary schools: A systematic review and meta-analysis. *Journal of Science and Medicine in Sport*, 23(4), 377-384.

Related Materials:

Hip Hop Public Health: Resource Center
<https://hhph.org/repository/#filter=.h-y-p-e-breakin-it-down.high-school-grades-9-12.h-y-p-e-the-breaks-vol-1.high-school-grades-9-12.h-y-p-e-breakin-it-down.middle-school-grades-6-8.h-y-p-e-the-breaks-vol-1.middle-school-grades-6-8>