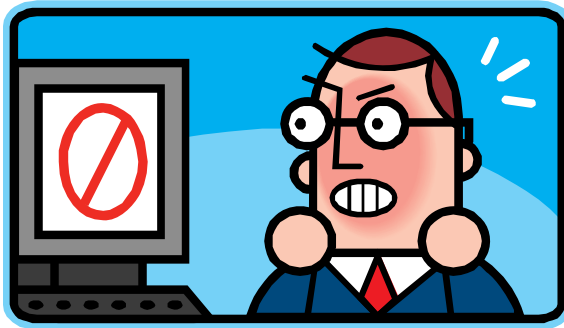


# Take a Breather



## Explanation

Does a problem have you stumped? Do you feel angry, frustrated, panicked, stressed or emotional? Sometimes taking a break, a walk, or even working on something else for a while will help clear your head and help you find the answer.

# Sample Follow-up Exercises

All classes: Take a 10 minute break a few times a week in the middle of class and try some of the exercises below. These will show programming students how to relieve stress and relax to improve their focus and ability to solve challenging problems. Remind them that these exercises will not only work when they are programming, but that it is a good idea to take a short break in many situations. A benefit is that many people believe problems are solved by your brain as it unconsciously works on them while you are attending to other activities, and taking a break can help a programmer see a problem in a new, fresh way.

- 10-minute stretch
- Walk around the school
- School yard garbage clean-up
- Word puzzles
- Sudoku puzzles
- Icebreaker activity