These exercises can be done individually or as a group during a break

1. Warm Hands exercises:

Take hands and rub them together vigorously until they get warm. After your hands are warm, hold them on your eyes for 20 seconds or so. (This increases blood flow to tired eyes and gives them relief)

1. Brain connection Exercises:

Stand up. Cross right foot over left foot. Cross over right hand over left hand with palms touching and lock fingers. Bring your hands toward your chest and rest them on your chest. Touch the tip of your tongue to the top middle of the roof of your mouth. Breathe in and out slowly as though you are breathing through your head. (This exercise connects both sides of your brain together for maximum performance and synchronization between the left and right hemispheres of the brain.)

1. Stretches

Stand up tall, lock fingers and stretch your hands above your head. As you stretch, lift up on your toes, hold for a few seconds and do several times. Alternate palms to face toward head and away from head with each lift to your toes. (This increases energy flow through out your body, including brain and eyes, and loosens stagnant muscles and bones)

1. Arm swings

Swing arms while walking or standing in place. (Brings oxygen to your whole body including brain and eyes)