

Active Brain Breaks

Adding movement between your study sessions, project work and classes can help to clear your mind, improve your focus, increase your productivity, and boost your mood too!

Here is a compilation of short videos perfect for 5-to-15-minute active brain break.

Yoga Videos	
https://www.youtube.com/watch?v=4C-gxOE0j7s&list=PLui6Eyny-UzwiUzvhM2BjxThodiRWZ2JR&ab_channel=YogaWithAdriene	5 Minute Morning Yoga
https://www.youtube.com/watch?v=VpW33Celubg&list=PLui6Eyny-UzwiUzvhM2BjxThodiRWZ2JR&index=3&ab_channel=YogaWithAdriene	10-Minute Yoga for Self Care
https://www.youtube.com/watch?v=3QI411IlpJM&list=PLui6Eyny-UzwiUzvhM2BjxThodiRWZ2JR&index=5&ab_channel=YogaWithAdriene	7-Minute Yoga Boost
https://www.youtube.com/watch?v=xLS9uQQQyB0&list=PLui6Eyny-UzwiUzvhM2BjxThodiRWZ2JR&index=6&ab_channel=YogaWithAdriene	6-Minute Yoga Chill
https://www.youtube.com/watch?v=eBdfCX5XnX4&list=PLui6Eyny-UzwiUzvhM2BjxThodiRWZ2JR&index=7&ab_channel=YogaWithAdriene	6-Minute Yoga for Hips
https://www.youtube.com/watch?v=FgfT2fOv31E&list=PLui6Eyny-UzwiUzvhM2BjxThodiRWZ2JR&index=12&ab_channel=YogaWithAdriene	Yoga for Abs - 6 Minute Abs Workout
https://www.youtube.com/watch?v=nQFf38xeBww&list=PLui6Eyny-UzwiUzvhM2BjxThodiRWZ2JR&index=15&ab_channel=YogaWithAdriene	Take 5 Yoga Break! Yoga Quickies
https://www.youtube.com/watch?v=Nnd5Slo02us&list=PLui6Eyny-UzwiUzvhM2BjxThodiRWZ2JR&index=16&ab_channel=YogaWithAdriene	Yoga For Focus & Productivity - 10 Min Practice
https://www.youtube.com/watch?v=QzhGqjIYU14&list=PLui6Eyny-UzwiUzvhM2BjxThodiRWZ2JR&index=17&ab_channel=YogaWithAdriene	Couch Potato Yoga. 7 Minute Yoga
https://www.youtube.com/watch?v=vYQy8-7Ut1E&list=PLui6Eyny-UzwiUzvhM2BjxThodiRWZ2JR&index=18&ab_channel=YogaWithAdriene	Classroom Meditation - For All Ages!
https://www.youtube.com/watch?v=H0ZqRJWd_sg&ab_channel=YogaWithAdriene	Yoga PE - Heart
https://www.youtube.com/watch?v=47Se2HWSv9k&ab_channel=YogaWithAdriene	Yoga PE - Body
https://www.youtube.com/watch?v=X3-gKPNyrTA&list=PLui6Eyny-UzxL6NjFMYD5-vESNii8_aLi&index=41&ab_channel=YogaWithAdriene	Yoga for Neck, Shoulders, Upper Back - 10 Minute Yoga Quickie
https://www.youtube.com/watch?v=NxC4LhOrMFw&list=PLui6Eyny-UzxL6NjFMYD5-vESNii8_aLi&index=40&ab_channel=YogaWithAdriene	Yoga For Hands, Fingers, Wrists. 11-Minute Yoga Quickie

Meditations	
https://www.youtube.com/watch?v=d4S4twjeWTs&t=27s&ab_channel=YogaWithAdriene	Meditation for Inner Peace
https://www.youtube.com/watch?v=k0PSUDvLi8E	7 Min Meditation to Start Your Day
https://www.youtube.com/watch?v=DP3BE1ezThE	Resolve to Evolve - 10 Min Meditation
https://www.youtube.com/watch?v=R7tjuFoxdFY&ab_channel=GreatMeditation	A Positive 10 Minute Meditation (Guided Meditation)
https://www.youtube.com/watch?v=Evgx9yX2Vw8&ab_channel=GreatMeditation	10 Minute Guided Meditation for Becoming More Mindful

High Intensity/ Cardio	
https://youtu.be/1vRto-2MMZo	15 Min Dance Party Workout
https://youtu.be/06cwQlikBEA	12 Min Happy Sweat Workout
https://www.youtube.com/watch?v=Cw-Wt4xKD2s	15 Min Happy Dance Workout
https://youtu.be/NmCXy7oMsOs	10 Min Calorie Killer / Medium Level
https://youtu.be/KrmYjcQzSsQ	10 Minute Full Body Workout
https://youtu.be/tYyNM9pmOIA	10 Minute Low Impact Fun Cardio Workout
https://youtu.be/gUWFmn8f3H4	10-Minute No-Equipment, At-Home Cardio Workout
https://youtu.be/yv2XE_Ut3KU	10 Min HIIT Cardio Workout for Home - Fast, Fun & No Equipment
https://youtu.be/l0CwCvJbGZl	10 Min Toned Arms Workout
https://www.youtube.com/watch?v=JMeAhQmntmE	10 Minute Beginner Full Body Workout
https://youtu.be/g2joclnockU	10 Minute High Intensity Abs/Core Workout
https://www.youtube.com/watch?v=3sEeVJEXTfY	10 Minute Morning Workout (No Equipment)
https://www.youtube.com/watch?v=UoC_O3HzsH0	10 Min Bodyweight Workout
https://www.youtube.com/watch?v=uAqRC7gA4Ok	10 Minute Bodyweight Workout for Starters

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