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Please enjoy this complimentary excerpt from *More Energizing Brain Breaks*. In this activity, students practice communicating their understanding of a difficult concept to peers in order to reinforce recent learning.

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## Brain Drain

**After learning a difficult concept, students will communicate their understanding to reinforce knowledge.**

1. Stand up.
2. Walk five steps in any direction and find a partner.
3. Take turns explaining the difficult concept to each other for 30 seconds each.
4. When the time is up, walk five steps in a different direction and find a new partner.
5. Take turns telling each other what you heard about the difficult concept from your previous partner for 30 seconds each.
6. When time is called, return to your seat and “brain drain” by writing down your understanding of the difficult concept.



**Repetition helps to reinforce learning.**

Idea from Paul Zientarski