Brain Break Project

The project is to be completed on Adobe Spark located at spark.adobe.com or PowerPoint. A Spark project will look like a power point presentation and download as a video to turn in. Pick a target group or audience and teach that group about brain breaks. Complete an overall plan of what is going to be included. The project should include the who, what, where, when, why and how of brain breaks, as well as three examples. The video should be approximately two minutes in length.

