## Experiment: Effects of Breaks and Physical Activity on Students' Performance and Well-being

**Objective of the Experiment:** Investigate how short breaks and physical activity affect students' performance and well-being.

**Materials:**

* Group of students
* Stopwatch or timer
* Tasks or tests that students can solve
* Self-assessment questionnaire on well-being

**Procedure:**

1. **Preparation:**
   * Select a group of students willing to participate in the experiment.
   * Create tasks or tests for the students to solve to measure their performance.
2. **Phase 1: Performance Test Without Breaks (Day 1):**
   * The selected students take a performance test without taking breaks or engaging in physical activity.
   * Measure the time they need to solve the tasks and record their results.
3. **Phase 2: Performance Test With Breaks (Day 2):**
   * On the next day, students perform the same performance test, but this time with short breaks between tasks. The breaks could last 5-10 minutes, during which students move, stretch, or relax.
   * Again, measure the time they need for the tasks and record the results.
4. **Phase 3: Performance Test With Physical Activity (Day 3):**
   * On the third day, students perform the same performance test, but this time with short breaks in which they engage in brief physical activity, such as 5 minutes of light exercise or stretching.
   * Once again, measure the time they need for the tasks and record the results.
5. **Phase 4: Assessing Well-being (After Day 3):**
   * After the final testing phase, survey the students on how they felt during the different tests. Use a self-assessment questionnaire on well-being for this purpose.

**Evaluation:** Compare the results of the performance tests in the different phases to determine if breaks and physical activity have influenced the students' performance. Also analyze the self-assessment of the students' well-being to determine if their mood and well-being improved through the breaks and physical activity.

**Conclusion and Course of Action:** Based on the experiment's results, you can inform students about how short breaks and physical activity can improve their performance and well-being. Please encourage students to schedule breaks in their daily routine and engage in movement, stretching, or relaxation during these breaks to increase their productivity and well-being.

This experiment can help sensitize students to the importance of breaks and physical activity in the digital age and provide them with concrete strategies to enhance

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