

Overview and guidance

Five-minute brain breaks for EYFS and KS1

RAINBOW RESETS

What is Rainbow Resets?

Rainbow Resets is a collection of short, playful and mindful brain breaks for EYFS and KS1. It gives you an easy, purposeful way to build moments of movement, mindfulness, focus and calm into the school day.

We all know the moment: the class has been sitting for a while, energy is dipping, attention is drifting or everyone needs a change of pace.

You could put on the same movement-break video you've used countless times before, or spend ten minutes searching online for the right activity or music.

Rainbow Resets takes away the searching.

5 minutes or so for each activity

7 colour-coded sets, one for each type of reset

200+ whole-class activities across the full programme

RAINBOW RESETS

Purposeful, not passive

Rainbow Resets isn't about removing screens from the classroom. Technology can be an incredibly useful teaching tool when it is used with purpose.

However, a brain break can easily become another opportunity for children to sit and watch a screen. Rainbow Resets gives you an alternative: activities where children are **actively moving, thinking, noticing, creating, listening and interacting**.

An adult explains, delivers and leads each activity, modelling the actions for the children to follow. This could be the class teacher or another adult in the room, giving the class teacher time to attend to other duties.

Every set includes



Launchable slides

One clear prompt for each activity, shown on your whiteboard.



Clear instructions

Teacher notes that explain how to lead every activity.



Music tracks

Included wherever an activity needs them.

RAINBOW RESETS

The seven Rainbow Resets

Each colour is a different type of reset.

R	A	I	N	B	O	W
Reset and Release	Awareness and Attention	Imagine and Invent	Notice and Nurture	Balance and Body	Observe and Organise	Wind Down and Wellbeing
Move, energise and let go.	Slow down, notice and refocus.	Create, explore and use your imagination.	Connect, reflect and look after ourselves.	Move with control and become aware of your body.	Listen, respond and organise your attention.	Breathe, relax and prepare to move on.

RAINBOW RESETS

What each reset is for

R — Reset and Release

Use these activities when children have been sitting for a while, need to release physical energy or would benefit from a burst of movement before returning to learning.

Ask yourself

Do they need to release energy?

A — Awareness and Attention

Activities that encourage children to tune into their surroundings, their senses and their attention. Useful when the class needs to shift from busy to focused.

Ask yourself

Are they distracted or finding it difficult to focus?

I — Imagine and Invent

Creative and imaginative activities that offer a change from more structured learning. Children doodle, imagine, create and think differently, without a focus on producing a finished product.

Ask yourself

Do they need a change of pace and a chance to be creative?

N — Notice and Nurture

Gentle activities that encourage children to notice feelings, thoughts, relationships and the world around them. Useful when a class needs a quieter, more reflective moment.

Ask yourself

Do they need a quieter opportunity to connect and reflect?

RAINBOW RESETS

What each reset is for

B

Balance and Body

Activities focusing on balance, coordination, body awareness and controlled movement. They provide a physical reset without necessarily increasing energy levels.

Ask yourself

Do they need to move, but not become more energised?

O

Observe and Organise

Short challenges involving listening, following instructions, inhibition, memory and concentration. Use them when children need to practise switching their attention back on.

Ask yourself

Do they need to switch their attention back on?

W

Wind Down and Wellbeing

Calmer activities that help children slow their breathing, settle their bodies and move into the next part of the day.

Ask yourself

Are they over-excited, or do they need to settle before learning?

There is no prescribed order. Pick the colour that best matches what your class needs. There is no need to overthink it.

RAINBOW RESETS

How to use Rainbow Resets

1

Ask

What does my class need right now?

2

Choose

Pick the colour that matches and launch the slides on your whiteboard.

3

Check in

If the set has a check-in slide, ask the children how they feel.

4

Lead

Choose an activity from the menu, then explain it and lead it.

5

Check in again

Use the home button to go back and see what has changed.



Using the launchable slides

Launch the presentation in your browser and use it on your interactive whiteboard. Click **Notes** to see the teacher guidance for each activity. To move through the presentation, **click on the slides first**, then use the left and right arrow keys on your keyboard.

RAINBOW RESETS

When to use Rainbow Resets

Use them whenever your class needs a reset.

Between lessons	After a long period of concentration	Before starting a new learning activity
After break or lunchtime	During a transition	When energy levels are dipping
When the class is becoming restless	When children need help slowing down	When everyone needs a change of pace

The activities can be repeated. You don't need to use a different activity every time. If something works particularly well for your class, use it again.

RAINBOW RESETS

Screen use: what the DfE says

Screen use guidance for early years providers, Department for Education.

Under 2 years

“avoid screen time altogether other than in exceptional circumstances such as a video call with parents and carers”

2 to 5 years

“screen time should be limited to 1 hour a day, less if possible”

The guidance also says

- It is aimed at nurseries, childminders, pre-schools and wraparound care for children aged 0 to 5, and “may also be useful for reception year”.
- Interactive whiteboards are on its list of devices with screens.
- Children “may already reach these screen time limits at home”.
- Adults should co-engage with children, who should not view screens “in a passive or sedentary way”.
- Content should be advert-free, with no scrolling or autoplay features.
- Screens should not be left on in the background, or used to calm or occupy children.
- “Interactive, screen-free activities are preferable.”

Since 1 September 2026, the EYFS statutory framework has said providers “must have regard to” this guidance. Guidance published 13 July 2026 and updated 7 September 2026.

RAINBOW RESETS

How Rainbow Resets fits

The slides are shown on your whiteboard, so they do count as screen use.



Led by an adult

An adult explains and leads every activity, so children are never left to follow a screen on their own.



Active, not passive

Children move, listen, notice, create and join in. They are not sitting and watching.



Short

Each activity takes around five minutes. The guidance says to use screens “for short periods at a time”.



No adverts or autoplay

The slides launch from the Mrs Mactivity website, with no adverts, autoplay or suggested videos.

This is our summary of the guidance as it stood in October 2026. You can read it in full on the DfE’s Help for early years providers website, under Screen use.

RAINBOW RESETS

Using Rainbow Resets in the early years

Six ways to keep screen use purposeful.

1

Lead it yourself

Read the notes, show the slide to introduce the activity, then lead it so children watch and copy you.

2

Try it with the screen off

Once you know an activity, many can be led without the slide.

3

Close the slides afterwards

The guidance says not to have screens on in the background.

4

Count it in the daily total

Include it in your setting's screen time for 2 to 5 year olds, and remember children may have had screen time at home.

5

Keep the slides for ages 2 and up

The guidance says children under 2 should avoid screen time.

6

Let the activity do the calming

The guidance advises against using screens to calm or occupy children. Keep the slide as a brief prompt and lead the calming yourself.

RAINBOW RESETS

Curriculum links

How Rainbow Resets supports the EYFS and KS1.



Physical Development

Movement, balance, coordination and body awareness. Supports the Gross Motor Skills early learning goal.



Communication and Language

Listening, following instructions and paying attention. Supports the Listening, Attention and Understanding early learning goal.



Personal, Social and Emotional Development

Noticing feelings and settling bodies and minds. Supports the Self-Regulation early learning goal.



Expressive Arts and Design

Imagining, creating and inventing. Supports the Being Imaginative and Expressive early learning goal.

In KS1, Rainbow Resets supports the PE programme of study, in which pupils "master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination".

Sources: EYFS statutory framework (September 2026) and the national curriculum in England: PE programmes of study.

RAINBOW RESETS

A purposeful five-minute pause



The aim isn't to add another thing to the timetable or to fill five minutes for the sake of it. It's about giving you a quick way to respond to what your class needs at that moment.

The goal isn't to make every brain break exciting. Sometimes the most purposeful reset is energetic. Sometimes it is quiet. Sometimes children need to laugh and move; sometimes they need to breathe and notice.



Rainbow Resets gives you the choice to match the moment and to make every five-minute break purposeful.