

Kim's Favorite Brain Boosters

Get Wiggles Out:

All students stand up. Put right hand in the air with a closed fist. Students shout and shake fist 5 times...then go to left arm..shake 5 times, right leg and shake 5, left leg/shake 5, booty (backside) shake 5... then repeat shaking 4, then 3, 2, 1.

Write it Out:

All students stand up. Students write name with right index finger, left index finger, left foot, right foot and finally entire body.

Show Me:

Students get into groups of 3. Put one hand behind your back. When teacher says "show me," students show a number with their finger/fingers. For example, student could throw no fingers to represent a zero, or 3 fingers, or all five fingers. The person in the group who can add them together first correctly wins. You can make it more challenging by eliminating zero or one.

Can't Catch Me:

Put students into groups of 6-8...or put entire class into a circle if there is room. Students should put out the palm of their left hand. With their right hand, put their index finger into the palm of the person next to them. When teacher says "go," students try to get their finger out of the palm of the person they are next to and try to grab the index finger of the person on the other side. Switch it up after several times in which students put their right palm out and left index finger in the person's palm.

Touch 5:

Students touch 5 different desks and then partner up with whomever they are near.

Rock, Paper, Scissors:

Student finds anyone in the classroom to play rock, paper, scissors. If they win, they find another person who won and keep playing until they lose. If student loses, they return to their desk, but keep their eye on

who beat them and if that student loses, they can get up and play again until they lose.

My Bonnie:

Sing the song, My Bonnie Lies Over the Ocean, loud and proud. When students hear the letter B they should stand up...if they hear the letter B again they should sit down. This keeps going all the way through the song.

7 Steps/Hops:

Have students take 7 steps from their desk and 7 steps back. To change it up have students hop on one front 7 hops and 7 hops back. Or hop on both feet 7 hops and back.

Egg, Chicken, Cow, Human:

Everyone starts out as an egg making the sound...bloop, bloop. Students find a fellow egg and play one game of Rock, Paper, Scissors(RPS). If they win they evolve into a chicken and make a chicken sound and try to find a fellow chicken and play rock, paper, scissors...if they win they evolve into a cow and make a cow sound looking for a fellow cow...play RPS and if they win they are a human and run to the front of the class. One at the front they play whomever else is a human. Who ever loses goes back to being an egg. **No matter where you are in the progression to become a human if you lose you go back to an egg and must find a fellow egg to play again.** The student/students who become human keep playing each other and the losers go back to find an egg and start over.

Ideas from Percy Hill

Reverse Circle:

1. Students form circle....can be one large circle or smaller circles.
2. Hold hands
3. Ask students to change positions in the circle without letting go of their partners hand.
4. Students must decide on a strategy that is safe and works for everyone....no flips, handstands or twisting arms.

Look Down...Look Up:

1. Students form circle....bigger the circle the better
2. The object is to make "eye contact" with another person in the circle.
3. Teacher says, "Look Down" and each student will look at the floor
4. Teacher says, "Look Up" student will look directly at another person in the circle.....
5. If the other person is NOT looking back nothing happens
6. If the person you are looking at is looking at you students must yell #BeKind or What You Lookin' At and run around the circle and switch places.

Jump In....Jump Out:

1. Form large circle
2. Hold hands
3. Tell students you will be giving them four commands...jump in, jump out, jump left, jump right
4. As students jump in or out or left or right they remain holding hands
5. Now change it up and tell students to "Say What I Say....but do the Opposite."

****To find other Brain Boosters, try the following****
Youtube and type in the search engine, Brain Breaks
GoNoodle.com