

Energising Brain Breaks

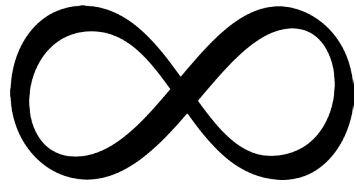
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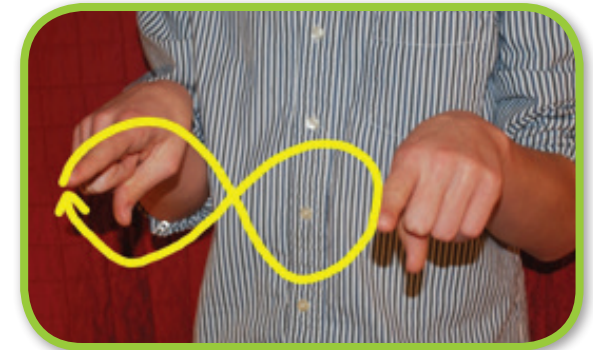
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Make a figure eight (pictured) in the air with your index fingers.

1. Stand up.
2. Put your hands out in front of you, about 30 cm apart, with your index fingers pointing straight forward.
3. Imagine a large figure eight between your index fingers. With your right finger, trace the outline of the figure eight. Practise this by making three rotations.
4. Now, put both fingers back out at 30 cm apart. You will trace the figure eight with both fingers at the same time. Start with both fingers going up. This causes you to trace in the same direction. Your fingers will cross in the middle of the figure eight at the same time.
5. Again, put both fingers out at 30 cm apart. Start with your right finger going up and your left finger going down. This will make your fingers go in opposite directions.



Inch Worm Stretch

Individual

Stretch Your Legs!

1. Stand up.
2. Bend down and touch the ground with your hands. Bend your knees if you need to.
3. Start inching your hands out in front of you. Your feet should remain in place. Move your hands further and further out in front of you, so that more and more weight is resting on your hands.
4. Once you have extended yourself as far as you can go, keep your hands still and start inching your legs forward until they meet your hands again. Try to keep your knees as straight as possible.
5. Repeat.





Partner

Idea from John Wallbaum

Work in groups of two, three or four to count from one to 40 using a combination of numbers and words.

Your goal is to count from one to 40 using the following rules: Say “Bizz” for every multiple of five or every number that has a five in it. Say “Buzz” for every multiple of seven or every number that has a seven in it. You will also need to say “Bizz-Buzz” when the number is a multiple of five and seven.

1. Stand up and get in a group of two, three or four.
2. The first person in the group says “one.” The next person in the group says “two.” The next person says “three.” The next person says “four.” The next person says “Bizz” (because it is a multiple of five) and so on.
3. Continue this until you get to 40.

Combine Bizz-Buzz and Slap Count if you are really up for a challenge.

Number Spots: Multiplication

Partner

Without talking, point to spots on yourself, then have your partner “read” the problem and multiply the numbers together.

1. Stand up and find a partner.
2. Here are the spot values:
Right shoulder = 1
Right ear = 2
Nose = 3
Left ear = 4
Left shoulder = 5.
3. Without talking, one person touches themselves in two number spots. The other person says the numbers out loud and then multiplies them together. For instance, a person might touch their right ear and then their left shoulder. Their partner would then say, “two times five is 10.”
4. Once one person has led for a few turns, switch and have the other lead.



Try two numbers to start with and work up to three or four numbers at a time.

The Wave: Motion

Group

Get the whole group moving together in a wave.

1. Figure out a path that passes through everyone in the class or group. Think of this as an imaginary string running through the room with each student holding on at some place. Often the people at start and end are on opposite sides of the room.
2. Everyone stands up, then the first person in the wave starts by extending both hands on one side of their body at shoulder height. They move their hands together over the top of their head to the other side of their body at their waist. This wave motion is passed from person to person throughout the path.
3. Once the end of the path has been reached, the whole process starts over again.
4. Have the class do the wave in the reverse order, so the last person starts it.



Be creative with the motions for the wave.