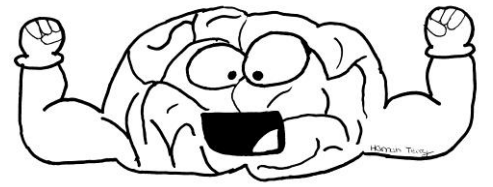


BRAIN BOOSTERS

Stimulating the Brain to Reenergize, Redirect and Refocus
A Compilation of Activities for the Classroom



REENERGIZE (high energy)

1. "X" MARKS THE SPOT

1. Stand with arms spread wide open.
2. Bend at the waist and touch the opposite toe.
3. Come up and stand at center.
4. Repeat on the other side.

2. KNEES, SQUEEZE, UP, SQUEEZE

1. Stand and bend at waist to touch knees and say "knees"
2. Come up and bend elbows to gently squeeze waist and say "squeeze"
3. Extend hands high up in the air and say "up"
4. Bend elbows to quietly squeeze waist and say "squeeze" again.

3. MARCH WITH A KICK

1. From a standing position, take three marching steps.
2. On the fourth step, kick your leg out in front of you.
3. As you repeat, the kicking leg naturally alternates.

4. TUG-OF-WAR

1. Out of your chair, squat down with knees bent
2. Extend arms out away from you (like you are putting something in an oven)
3. Pull arms back and stand

5. RAISE THE ROOF

1. Stand and put hands in air with palms toward ceiling.
2. Bend knees and lower elbows toward waist.
3. Quickly raise palms up toward the ceiling and straighten legs.
4. Repeat and count every time your palms are toward the ceiling.

6. STEPPY SNAPPING

1. Take 4 small steps to your right then snap.
2. Repeat going left.
3. This works best if all done at the same tempo.

7. TRIATHLON (can be done separately)

1. Swim: While sitting, move arms in a circular motion like you are swimming for 10 counts.
2. Bike: Hold onto the seat of your chair and move legs in a circular motion as if riding a bike for 10 counts.
3. Run: Stand up and race in place for a count of 10.

8. WACKY JACKS

1. Place your hands behind your ears (without touching).
2. Bend to the right and kick your right foot to the same side.
3. Switch and continue switching in a jumping jacks fashion.

REDIRECT (mid-level energy)

9. CATCHING FIREFLIES

1. Twist with your waist to the right and reach with your left arm towards the ceiling.
2. Reverse.

10. CHAIR PUSH-UPS

1. Put your hands on either side of your chair.
2. Push until you lift yourself off the chair (and repeat).
3. Challenge: Hold for 5 seconds.

11. HAND PUSHES

1. Place palms of hands together with elbows out.
2. Push your hands together for five seconds. (repeat 3 times)

REFOCUS (low energy)

12. FIST PUMPS

1. Squeeze your hands together separately in small movements
2. Squeeze, release, pause (repeat 5 times)

13. SUNRISE

1. Stand with legs shoulder width apart.
2. Place palms of hands together with elbows out.
3. Inhale through your nose as you raise your hands up towards the ceiling.
4. Exhale and bring your arms around to your sides.

14. ROLL WITH IT

1. Roll your shoulders back.
2. Roll your shoulders forward
3. Roll your shoulders back again

15. TRIANGLE BREATH

1. Breathe in for a count of three.
2. Hold the breath for a count of three.
3. Let the breath out for a count of three

