

30sec./1-2min

Movement Activities for the Classroom

Brain Breaks

- Finger Grab – Right hand out – left finger in partner's palm.
- Rock, Paper, Scissors Math – Add numbers, subtract, multiply.
- Handshake Creation – Make a new handshake with different people.
- Spinning – Bend right knee, grab with left hand from behind and spin clockwise and counterclockwise; switch legs – helps vestibular system.
- Ear & Nose Grab – Right hand on nose, left on right ear – switch – left hand goes to nose and right to left ear.
- Triangle Tag – One person is outside the circle and trying to tag the one person inside the circle; need open space to move.
- Say 21 – Partner up; the object of the game is to be the partner that says 21. Students are counting to 21 by either saying just one number or two numbers.
- Toe Tapping – Partner up beginning with the right foot tap inside of partners right foot one time. Then you build a pattern 1, 3, 2 times. After the pattern is completed by using the right foot, try it with the left. The object is to keep the pattern going with both feet alternating between the two.
- The Crab – Putting fingers together (thumb to thumb all the way through pinky to pinky) bend the middle finger so the knuckles are touching. Now attempt to release every finger and bring it back except the middle because it is attached at the knuckles.

• Snowball Fight.
• Imaginary object throw

Class Cohesion Activities

- Rock, Paper, Scissors Tag – Each team decides what to throw; then the winning team tries to catch the losing team before they get back to "home."
- Twisted Knot – Group in circle – reach in with right hand – then with left and get untwisted.
- Stare Down – Group in circle – head & chin down; on "Go" lift head up and stare at another person. You are out if you both are looking at one another.
- Imaginary Object Throw – Must throw and catch object as it were the real object (example: dirty diaper, elephant, feather, etc.)
- Balloon Up – While holding hands in a circle, stay connected and keep the balloon(s) in the air.
- Noodle Smack – 2 people in the middle with pool noodles, who are connected and trying to keep groups from getting objects on the floor. One person at a time per team to collect objects.
- I like People who... – Chairs in a circle, one less than total number of students. If the statement applies to a student, that person gets up and finds another chair (at least 2 away). If a person is left standing, he/she makes the next statement.
- Do you know your neighbor – Chairs in circle; teacher or students state, "I like neighbors who..." If the statement applies to a person, he/she moves left/right, and number of seats is called. If someone is in the seat, he/she sits on their lap.

Review Games

- Object Grab Review – Place an object in the middle of the table. Teacher says “grab,” and then asks a question for both students to answer on their own paper. Person with the object gets 2 points if his/her answer is correct; 1 point goes to the other person if the 1st student’s answer was wrong.
- Cardio Review – A – jumping jacks; B – right hand taps left knee, left hand taps right knee; C – right hand taps left leg from behind, left hand taps right leg from behind; D- squats. These activities are used to review for a quiz or test. Depending on the students’ answer, they would complete one of the aforementioned exercises. Also, students can show you their answer by just doing the exercise. Pose the question, and on the count of 3 they would show you the answer instead of telling it to you.
- Footloose Review – This is a silent review game. Use paper to record answers. Circle up with chairs and give each student a numbered review card. If they know the answer, write it down then take it to the middle and grab another card; if they don’t know the answer, they take it back to middle and grab another card.
- Snowball Fight – Putting a question on one side of the paper and the answer on the back, have students ball up their paper to create their “snowball”; then they get to throw it (3x). Once this has happened, students pick up one snowball and attempt to answer the problem without looking at the back.