

Movement in the Secondary Classroom

Weekly Brain Energizer

Secondary Teachers: Incorporating 1-2 minutes of Brain Energizers into your lessons (whether online or in person) is a great way to reduce stress, increase time on task, and connect with your students. Contact Kristina Kain or Melissa Lozano, Healthy Schools Coordinators, at kristina.kain@jeffco.k12.co.us melissa.lozano@jeffco.k12.co.us for questions or feedback.

[LINK TO ELEMENTARY VERSION](#)

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Star Breathing  Either draw or share this star image with your students. Instruct them to use their finger to trace the star on a piece of paper or in the air. You can say the words for them or allow them to do this activity individually.	Rock, Paper, Scissors (with your feet) Rock- feet together Paper- feet separated Scissors- one foot in front of the other Students will pair up for a game of rock, paper, scissors. They will only use their feet instead of using their hands. They will jump three times, saying "1, 2, 3 go" and they show rock, paper or scissors with their feet. The best of three wins.	Right Brain/Left Brain Balance Have students stand on one leg and count backward from 20. Have students switch legs and repeat the exercise.	Stars Have students stand up. Students will make a star with their foot on the ground 10 times. Have students switch legs and make stars on the ground with the other leg.	<u>Stretching Brain Break</u>

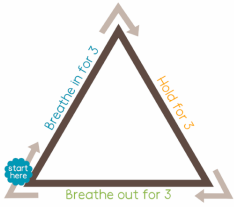
Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Right Brain/Left Brain Writing Instruct your students to write a question with their dominant hand, and then answer it writing with their non-dominant hand.	Symbiotic Alphabet Have your students sing the alphabet with names of objects rather than the letters.	Right Brain/Left Brain Wall Sit Instruct your students to do a wall sit and then count backwards from a 20.	Invisible Pictures Have your students pair up. The first student will draw a picture in the air while their partner guesses what it is. You could give them categories such as foods or places, or other ways to narrow the guessing. Once the partner guesses the picture, or you can set a time limit, the guesser will become the drawer.	<u>Brain Gym</u> Finger exercises to boost the brain

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Finger-Thumb Stand up and put your fists together. Point your index finger on one hand and stick your thumb out on the other hand. Now switch, and switch again... How fast can you go?	Full Body Stretch Lead students in stretches to help loosen up tension. Have students hold each stretch for 15-20 seconds: Reach for the sky Touch toes Arm circles Neck circles Knee to chest Quad stretch Tip: For increased student engagement, have a student lead.	Blink Stand up and link your left eye while simultaneously snapping with your right hand. Do this 15 times, then switch to blinking your right eye while snapping with your left hand. Challenge: Hopping with the opposite foot can be substituted for snapping or <u>ADDED</u> for an additional challenge.	Standing Pretzel Cross your left ankle over your right. Extend your arms and cross your left wrist over your right. Turn your palms together and interlock your fingers. Bring your hands up under your chin. Stand quietly for 30 seconds taking deep breaths.	<u>Blink Brain Break</u>

Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Simple Squats Instruct students to stand with their legs a little wider than shoulder-width apart. Have them hold their arms out in front of their body and slowly bend their knees and squat down until their thighs are parallel to the floor, then rise up slowly. Have students do this 5-10 times. For a twist, have them lift one leg up toward their chest when they stand back up.	Windmill Challenge Have students stand. Have them start by circling one arm forward. Next, they will circle their other arm backwards. Are they able to do this at the same time?	Triangle Breathing  Have your students take a brief breathing break by tracing the triangle above. Breathe in for 3, hold for 3, then exhale for 3. You can instruct them to do this with their arm straight out in front of them, making sure to cross the midline.	Catch Have students pair up and take a few minutes to play catch. Have students ball up a piece of paper and toss it back and forth.	<u>Dancing with Strong 4 Life</u>

Week 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Chocolate Have students pretend they are holding a mug of hot chocolate in their hands. Have them imagine the mug is warm in their hands. Instruct them to bring the mug toward their face and take a deep breath, smelling the delicious chocolate aroma. Then have them blow the steam, cooling off their hot chocolate.	Back to Back Toss Students will need a safe object to toss back and forth. If they don't have a ball, they can crumple up paper into a ball. Have students pair up and stand "back to back" socially distanced. The student with the object will toss it behind him(herself) and their partner will try to catch the object. Go back and forth, each person trying to toss the object for their partner to catch.	Spell Your Name Instruct your students to take a deep breath, then blow out slowly, while moving their head to draw the letters of their name in the air. If they have a long name, they may need to take a few breaths to complete the activity.	Who is the Leader? Have one student volunteer to be the observer/guesser. The other students choose 1 person to lead the group in movement activities (this can be anything from little arm circles, to snapping, to clapping, to standing on one foot). It is ideal for students to stand in a circle to see the leader. The students will need to follow the leader as he/she changes activities and follow along. The student who is the observer/guesser, will watch all the other students and try to figure out who the leader is.	5 Minute Yoga for the Classroom

Week 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Object Alphabet Have students go around the class reciting the alphabet, but with objects that start with the letters. For example, one student will say Anchor, the next student will say Boat, etc. You create a theme based on what you are currently working on in class. Add movement to this activity by having students stand when it is their turn.	Stand Up, Sit Down Read these topics off to your students. If they could do the activity, they would stand up. Stand up if... You could eat pizza everyday. You could run 3 miles. You could sleep for 12 hours straight. You could go without your phone for 24 hours. You can accurately recite at least one person's phone number.	<u>RS</u>	Earth Day Celebration Celebrate Earth Day with a walk outside or incorporate mindfulness to your brain break by using this <u>mindful walking</u> worksheet.	<u>5 Brain Energizers</u>

Week 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Write Your Name Have students stand, if they are able to do so. Instruct students to write their name with... -Their right index finger. -Their left index finger. -Their right index finger while touching their left index finger to their right ear. -Their left index finger while touching their right index finger to their left ear.	Line Up Have students line up against a wall in your classroom (or even outside) and organize themselves by oldest to youngest student without talking. You can also have them line up in alphabetical order of first or last names. Set a time limit for them to do the activity and see how close they came to	Handwriting Switch Instruct your students to switch their writing hand for a lesson or take a break from your lesson and instruct them to write the alphabet with their non-dominant hand.	5-4-3-2-1 Mindfulness Learn how to ground your body and mind through the use of sensory exploration. <u>5-4-3-2-1 Method</u> (Explanation-less than 4 minutes)	<u>Virtual Calm Room</u> Share this site with your students to choose the activity of their choice. OR pick an activity to share with your class. Provided by Mental Health Supports from Jeffco.

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Week 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yes, Please. No, Thank you. Introduce the game by explaining that you are going to bring up a series of topics and students can indicate a simple “Yes, Please” or “No, Thank You.” Participants will raise their hands up in a goal post to indicate “Yes, Please” or cross their arms across in the air to show “No, Thank You.” 2. Show the participants these moves and have them practice with an example: Roller Coasters? “Yes, Please” or “No, Thank You”?!? 3. Run quickly through 10-15 silly prompts.	X’s and O’s Walk students through the following exercise: Sitting in a chair with your feet on the ground and legs together, curl your body into your lap, folding yourself into an O shape. Next, open your arms and legs wide, forming an X shape with your body. Pull back into an O shape, then back out to an X shape. Repeat three times.	Touch Blue Instruct students to either find or move to something of the color that is called. For example, if you say “touch blue,” students will find something blue and either hold it up or go touch it. Go through several rounds of this, calling out different colors or even shapes.	Foot Tracing Have students stand and imagine there is a circle on the floor in front of them. Have the students trace the imaginary circle with their left foot 5 times. Then have them switch to the right foot and have them trace the imaginary circle 5 times. You can switch this up to incorporate vocabulary words, having students write the vocab word and state the definition.	<u>Shoulder Rolls</u>

Week 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Criss Cross Stand Challenge Have students sit on the floor with their legs crossed (criss-cross applesauce) and their arms across their chests. Have students stand up, keeping their arms crossed at their chest. Can everyone do this? How many can they do in 30 seconds?	Knee Jumps Have students start this activity by kneeling on the floor. Instruct students to jump from their knees onto their feet without touching their hands to the ground. Can anyone do this?	Cross Clap Have students cross their arms at their wrists in an X. They will then clap the backs of their hands together and the front of their hands to their elbows. Have students continue to clap like this for 30 seconds.	Leg Levers Have students stand on one leg. They will then bend forward. As they bend forward, the leg already off the ground will rise up further. Challenge students to come into a "T" position. They can keep their arms close to their bodies, in front of them or out to the side to assist with balance. Can all students do this? Can they hold this for 15 seconds? Are they able to switch legs and do this on the other side?	<u>Coach John's Squat Drill</u>

Week 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Managing Stress</u>	3-2-1 Have students stand up and air hi-five 3 people, touch their toes 2 times, and take 1 deep breath	Spinal Sway Have students stand. Instruct students to bend to the right, bringing their right arm to their side and bringing their left arm over their heads. They will then come to center, with both arms stretched out. Instruct them to then switch sides, bending to the left, leaving their left arm at their side and bringing their right arm over their head. Then instruct them to again come to center, standing straight up	Toes Down Heels Up Have students stand and rock forward, placing their weight on their toes. Next students will rock back, placing their weight on their heels. You will have students complete this activity for 10 seconds. You can do this slowly or quickly, depending on whether your students need to be energized or have them calm down. If using this as a calming technique, practice breathing in	<u>Mindful Listening</u>

		with their arms stretched out. Continue to repeat this, instructing them to inhale, then sway, exhale center, inhale sway, exhale center-as they continue to bend side to side. Repeat this 10-20 times on each side.	while going up on the toes and exhaling while they go back into their heels.	
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Week 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Number Spots</u> Have students stand up and find a partner, maintaining social distancing. Explain to them the “spot values”. Right shoulder = 1, right ear = 2, nose = 3, left ear = 4 and left shoulder is 5. Without talking, one person will touch two of their own number spots and the other person will have to say the numbers out loud and then add them together. Have students take turns until they have each gone at least twice.	5-4-3-2-1 Get hearts pumping with a quick sequence of exercises. Call out 5 actions for your students to do as quickly as they can. For instance, 5 jumping jacks, 4 push-ups, 3 situps, 2 squats, and 1 great big stretch.	Stretch and Breathe Students can sit or stand for this. Instruct students to take a deep breath and look up toward the sky. Next, instruct them to breathe out and look down toward the earth. They will then move their right ear toward their right shoulder, taking a deep breath in and out. Next instruct them to move their left ear toward their left shoulder, breathing in and out. Repeat as many times you feel is necessary.	Squat Clap Students will do a squat, then clap their hands above their heads. They will do another squat and clap their hands below their knees. Have students complete this 5-10 times.	<u>Optical Illusions</u> You can just watch the video or you can have students stand when they are able to see both images.

Week 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Copy Cat-Hear Me This is simply a game of copycat. The teacher uses a combination of clapping and sounds to make a pattern. Students need to copy what the teacher says/does. This can start with a simple pattern of only 2-3 and can extend to add more. To make it even more challenging, complete the pattern quicker and see how many students are able to keep up and remember all the parts. An example pattern could be: clap, slap, snap, click and yell. Once your students have mastered this, have them close their eyes and use their ears to listen to the pattern and then copy.	Active Memory Practice your memory skills by having students stand at their desks and calling out an action that has the same first letter as their first name (like Leaping Lindsey or Kicking Kimberly). As you progress around the classroom, students must first call and act out the name and action of the students before them before saying their own action name.	Fitness Fire Drill You will come up with a specific activity that all students will do when you play a specific audible for them. For example, all students will do 10 jumping jacks when you ring a bell or press a buzzer. You can come up with a different activity for each week or use the same activity for an entire semester. You can get more student buy-in by allowing them to choose the activity, if you change it on a weekly basis.	Line Up Push Up When the students line up to leave the classroom, have each student face the wall and perform 10 wall push ups. After all push ups are completed the class can leave the room.	<u>Wake-up</u> <u>Fresh Start</u> <u>Fitness</u>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Black Bear, Trout, Mosquito A new take on the classic rock, paper scissors. Have students practice the positions below and what they represent. • Black Bear-claws out. • Mosquito, represented by pointer finger wiggling. • Trout, represented by palms together, hands swimming. 2. Explain the winning positions: • Black Bear eats Trout • Mosquito bites Black Bear • Trout eats Mosquito 4. Start activity facing away from your partner. 5. Count aloud while jumping in place...1, 2, 3 throw. 6. On the word throw, the player chooses a position out of the 3 listed above and jump-turns around to face partner to show position. 7. Best of three wins.	Leg Kicks (crossing midline) Have students do leg kicks (standing - extend each leg out and up) right leg kick across to the left side of the body, and do the opposite with the left leg. Once students are able to do this (they do not need to kick high), instruct students to try to touch their right foot with their left hand when they kick and their left foot with their right hand.	Fast Feet, Fast Arms Have students complete each of the following exercises for 30 seconds each. Older grades can complete the circuit up to 5 times. Speed Bag - pretend that you are a boxer and you are punching a bag one arm punch over the other. Jumping Rope - stand and hop on two feet moving your arms in small circles pretending that you are jumping rope. Fast Feet - shuffle your feet front to back while moving your arms like you are running. Do this as fast as you can.	Have a Ball Have students crumple a piece of scrap paper into a ball shape. While seated, have students place the ball on their feet (together) and repeatedly toss the ball up and catch it using only the top of the feet. (like hacky sack) Next, have them set the ball on their elbow, with their hand resting on their shoulder. Flip the ball up and catch it with the same side hand. Have them repeat on the other side.	<u>Elbow to Opposite Knee</u>

Week 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pass the Paper Grab a piece of paper and stand up! Pass the paper in and out of your legs in a figure 8 pattern 10 times. Reverse directions. Now speed it up!	Twiddle Thumbs Have your students lace their fingers and "twiddle their thumbs"-rotating their thumbs around each other. Once they do this, have them switch directions they are currently moving their thumbs. Is one easier than the other? Are they able to twiddle each of the rest of their fingers?	Computer Break Stretches Have your students stand and put their arms in front of them. Have them rotate their wrist away from each other 5 times, stretching them out. Now have them switch directions and repeat again 5 times. Next, have students put their arms at their sides and raise their shoulders towards their ears. Now have them roll their shoulders back and down. Have them repeat this 5-10 times.	Jump and Balance Have your students jump on their right leg 10 times. Now have them switch to their left, jumping 10 times. Have them switch from side to side (first jumping on their right foot once, then their left foot once, etc.) 20 times. Now have them balance on their right leg for 10 seconds. Have them switch to their left leg, balancing again for 10 seconds.	<u>12 Illusions to Test Your Brain</u>

Week 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alternate Nostril Breathing Instruct students to sit comfortably. Students will use the thumb and index fingers of the right hand, make a "U" of the two fingers, using the thumb to close off the right nostril and the index finger to close off the left nostril. Students will first close the left nostril, inhaling deeply through the right nostril. At the end of the inhale,	Spinal Stretch Have students sit with their feet firmly planted on the floor with their rear ends toward the front of the seat. Instruct them to inhale, pressing down into their seat, sitting up straight and lifting their arms up overhead. As they exhale, they will turn gently to their right, placing their left hand on the outside of their	Finger Touches Behind Your Back Instruct students to stand up. Have students reach one arm straight up into the air and move it forward and backward to stretch their shoulder. Now they will bend their elbow so their arm goes behind their head to the middle of their back. They will then move their elbow back and forth to stretch their arm and shoulder. Instruct them to keep their arm	Jumping Jacks Have students stand up and do 10 jumping jacks. Once they are done with that, have students do another set, but spinning around in a circle as they complete ten. Next, have students do another set of 10 going in the opposite direction.	<u>Trick Questions</u> Encourage students to stand up and to share their answers as the questions are asked. You can also assign a movement whether they got the answer correct or not. For example, if you got the answer right, walking in place. If you got the answer wrong, hop in

close the right nostril and exhale through the left nostril. They will now inhale through the left nostril fully and deeply, then close the left nostril and exhale through the right one. They will continue to do this back and forth, aiming to do this for at least one minute.	knee. They will stay in the twist as they inhale and exhale, sitting up taller. They will then repeat this, twisting to the other side.	there. They will then take their other arm and point it straight down to the ground. They will reach it behind their back to try to touch the fingers of their other hand. Now instruct them to repeat this, switching arms.		place.
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Week 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Quick Stretch (Triceps) Have students stand for a quick stretch. Have students reach their arms straight up toward the ceiling and bend their right elbow, placing their right hand on the back of their neck. With their left hand, instruct them to gently push their right elbow. After holding for 20 seconds, have them switch arms, bending their left arm so their hand touches the back of their neck. Their right hand will then gently push down on their left elbow. After holding for 20 seconds, have them shake it out.	Five Finger Breathing Have your students stand and hold their left hand out in front of them. They will then place the index finger of their right hand on the outside of the pinky finger of their left hand. As they breathe in, they will trace up to the tip of their pinky and as they breathe out, they will trace down the inside of their pinky. On their next inhale, they will trace up their ring finger and as they exhale, they will trace down the other side. Students will continue to trace each finger until they have traced their entire hand.	Pencil Jumps Have each student place a writing utensil on the floor. Then have them jump side to side over the pencil. After they do this 5 times, have them jump side to side on their right leg (do this 5 times), then on their left leg (do this 5 times). Now have them jump forward and backward, repeatedly jumping on both feet, then one foot, then the other.	Cross Crawl Have students stand and march in place. They will then touch the right hand to the left knee, bringing their left hand behind them to cross the midline of their back. They will then touch their left hand to their right knee with their right arm crossing their midline behind them. Continue with this pattern for 20-30 marches.	<u>Pass the Beat Around the Room</u>

	Now instruct them to switch hands, tracing their right hand with their left index finger.			
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Week 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Wave Let's celebrate being in school by teaching our students how to do the wave. Have students line up side by side (socially distanced). All students will crouch down, then the first student will stand and raise their arms above their heads, then each student will follow the next, creating a wave effect. Can they go back the opposite direction?	Chatty Cathys If your students are returning to school, their biggest triumph is being able to chat with their friends again. Make time in your class to allow for your students to chat with each other...even if it's for 5-10 minutes.	Chair Push-Ups Have students grab the front of their chair. Keeping their feet flat on the floor, have students move their bodies off the front of the seat, using their arms to hold them up. Have students bend their elbows and lower their body in front of their chair. Students will then raise themselves up. Repeat 5-10 times. Who can hold themselves up the longest?	Pesky Fly Tell students that a fly has landed on their nose. Is it itchy, annoying, do they want to get it off? Well they can, but they cannot use their hands. Tell students that they can crinkle their noses, scrunch their faces, twist and turn their heads to get the fly off their nose. He's still there. Keep going!	<u>Say "21"</u>

Week 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rainstorm Have students follow your lead or ask for different students to lead. Begin by having students very lightly rubbing their hands together, then lightly snap, slap their thighs, clap their hands and stomp their feet (this will sound	Five Fingers All students will stand and hold up 5 fingers. The leader will start by saying something that he/she has never done. Ex: I have never been skydiving. If someone has been skydiving, they will put down one of their fingers. Have 5-10 activities/facts prepared. Who has	Stretch Have all students stand up and take a stretch break. Have students clasp their hands together and reach to the sky. Have them hold for 5-10 seconds. Next, have them bend slowly side to side, keeping their arms stretched over their heads. Have them shake	Physical Challenge Challenge students to do something physically difficult, such as standing on one foot with arms extended. Once they have mastered this, add on additional challenges such as grabbing their nose with their left hand, and grabbing their left earlobe with your right hand while standing on one foot. Are any	<u>Power Breathing Exercise</u>

like a rainstorm!). Do each action for about 10 seconds. Go back through the steps in reverse order.	the least amount of fingers up at the end? Other examples: I have never flown on a plane, been to a foreign country, gone to Alaska, eaten bugs, or ridden on a motorcycle.	out their arms and stretch any other way that feels good.	students able to switch so that their right hand is on their nose and their left hand is grabbing their right earlobe all while standing on one foot? Yoga poses could also be a good variation to this brain break.	
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Week 19

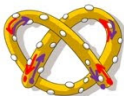
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Heel Taps Have students stand with their feet shoulder width apart and hands by their sides. Students will bend their left knee so that the heel of the foot is just above the right knee. They will tap the left heel with their right hand. They will then bend the left knee in the opposite direction so their heel is pointing toward their backside. They will tap the heel with their right hand. Then have students switch sides, bending their right knee so it is just above the left knee and tap it with their left hand. Then bend the right knee in the opposite direction toward their backside and tap it	Tree Pose  Have students stand with their feet shoulder width apart. Students will place their weight in their right leg. They will bend their left leg into the inner thigh of the right leg (ankle or below the knee for students that are having difficulties). Students will place their palms together as they lift their arms high in the air. Instruct students to take several deep breaths as they hold the pose. Have students switch legs and try the pose again on the other side.	<u>Thumb and Pinkie</u> Have your students stand up and put their hands out in front of them, making a fist with each hand. Have students put their thumb up on their left hand and their pinkie out with their right hand. Now have students switch, putting their thumb out on their right hand and their pinkie out on their left hand. Have them continue switching back and forth. How fast are they able to do this?	Wall Sit Have students stand and stand with their backs to a wall. Have students slide their backs down until their legs are at a 90 degree angle. How long can they do this? Can you go through the alphabet? Can anyone lift one leg?	<u>Three Minute Meditation</u>

with their left hand. Have students do this several times and at varying speeds.				
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Week 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Full Body Stretch Lead students in stretches to help loosen up tension. Have students hold each stretch for 15-20 seconds: Reach for the sky Touch toes Arm circles Neck circles Knee to chest Quad stretch Tip: For increased student engagement, have a student lead.	Blink Stand up and link your left eye while simultaneously snapping with your right hand. Do this 15 times, then switch to blinking your right eye while snapping with your left hand. Challenge: Hopping with the opposite foot can be substituted for snapping or <u>ADDED</u> for an additional challenge.	Sentence by Sentence Story Have students stand and piece together a story sentence by sentence. You can start the story with the first sentence, then each student adds to the story with one additional sentence. The story ends with the last student.	Find it Fast Have students stand. Call out a color or other trait (i.e.: something orange, round, flat, wooden, etc.). Students must find an object with the given color or trait and get back to their screen as quickly as possible.	Brain Engage

Week 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Elbow to Knee Patterns Have students stand up and hold their ears with their hands. Have them tap their right elbow to their left knee, then tap their left elbow to their	Finger Circles Instruct students to stand up and put their hands in front of them. Have them point their index fingers toward each other. They will then move their right index finger in a forward circle (the	Lap Tap Have your students stand up. They will tap their right hand on their left thigh to a slow beat. Next, students will tap their right foot on the group at a faster pace than	Pretzel (fingers)  Students will outline a pretzel using their fingers. Students will stand up and put their arms in front of them with their index fingers	Stretching

right knee. Instruct them to use this pattern: 1-1-2. How fast can they do this?	size of a basketball) and their left index finger in a backward circle (also the size of a basketball). Instruct them to do this movement at the same time. Are they able to switch directions?	they are tapping their right hand. Once they try this, have them switch hands and feet.	pointing away from them, their hands about a foot apart. They will imagine there is a large pretzel in front of them. They will put their index fingers at the two ends of the pretzel and outline the pretzel with their index fingers. Their hands should be working at the same speed in order to end the pretzel at the same time. Once they have completed the pretzel, have them reverse the directions of their fingers. How fast can they do this?	
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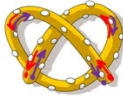
Week 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ABC Visualization Have students stand and recite their ABCs. Have students visualize an object associated with each letter. You can give students categories such as animals, cities, foods, or names.	Red Light/Green Light Have students stand and provide them with an activity such as running, walking, hopping on one foot, jumping jacks, etc. When you say "red light", students will stop the activity. When you say "green light", students will continue with the activity. Allow students to be the leader and to choose the activities.	Catch with a Catch Have each student make a ball out of a piece of paper or a balled up pair of socks. Have your students throw their "ball" in the air and try to touch their nose before the ball drops. You can increase difficulty by having them spin in a circle and catch the ball or clap their hands and then catch the ball.	Take a Doodle Break Set a timer for 3-5 minutes and let students silently doodle with pencil and paper or a dry erase board and marker while soft, calming music plays in the background.	<u>Circles</u>

Week 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Windmill Have students stand with their arms up. Students will move their right arm in a large circle forward and their left arm in a large circle backward. For an additional challenge, have students continue to do this and then raise their left leg in front of them and hold. Are they able to repeat this going in the opposite direction and lifting the opposite leg?	T-Stretch Have students stand with their arms stretched out to their sides. Students will then touch their right hand to their left toe, their left arm will stretch up toward the ceiling. Have them hold for a count of 5. Students will then switch, touching their left hand to their right foot with their right arm stretched up toward the ceiling. They will again hold for a count of 5. Have students do this several times.	X Bob & Wiggle Students will stand and cross their arms in front of them in an X. Students will "bob" their right hand up and down while they "wiggle" their left hand back and forth. Are students able to keep the same beat with both hands?	Spell Your Name Students will stand and spell their names using the following actions: A-15 Jumping Jacks B- 10 Squats C- 20 Calf Raises D- 20 High Knees E- 10 Lunges F- Balance Right Foot-20 sec G- Balance Left Foot- 20 sec H- 10 Arm Circles Forward I- 10 Arm Circle Backward J- 15 Jumping Jacks K- 10 Squats L- 15 Jumping Jacks M- 10 Squats N- 20 Calf Raises O- 20 High Knees P- 10 Lunges Q- Balance Right Foot-20 sec R- Balance Left Foot-20 sec S- 10 Arm Circles Forward T- 10 Arm Circle Backward U- 15 Jumping Jacks V- 10 Squats W- 15 Lunges X- 10 Squats Y- 20 Calf Raises Z- 20 High Knees	<u>Palm Tapping Video</u>

Week 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ten Have students stand 6 feet apart, facing each other. Students will determine who will be A and who will be B.	Pretzel Stretch (fists)  Draw a pretzel on the board	A Round of Applause Have students stand up and clap their hands, making a large circle in front of	Circles Have students stand up. Students will stand on one leg and make a clockwise circle	Go for a Walk It's that simple. Have students stand up and either go for a walk at their desk (feel free

Person A will put both arms together either straight up or straight down. Once in that position, Person A will show a number between zero and ten with their fingers. Person B will put their arms in the opposite direction of Person A's and display the number that with the number Person A displayed would total 10. Do this as fast as you can. Switch after 10 numbers.	like the one above. Have students stand up and clasp their hands together in front of them to make a fist. Imagining that your fist is at one end of the pretzel, draw the outline of a pretzel, keeping hands together and arms straight.. Stop and reverse at each end of the pretzel. Do this 10 times, then outline a huge pretzel that touches the ground and stretches over the head.	them. Have students do this five times. Now switch directions. This can be especially fun when celebrating something or someone.	with the leg in the air. Now have students make a counter-clockwise circle with their arms. Is anyone able to do this 10 times? Now switch sides, standing on the other leg and using the other arm.	to play music for them to walk to) or get outside and walk around the building.
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Week 25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pen Toss Have students stand up and grab a pen or pencil. Students then flip the pen or pencil 10 times with their right hand, trying to catch it before it falls to the ground. Now have them switch and flop it 10 times with the opposite hand.	Shape Shifter Have students stand up and make a fist with each hand. Students will point their right index finger toward their left hand and give the thumbs up with their left hand. Now switch back and forth. How fast can they do this? Give the students at least a minute to work on this.	Squiggle Story Students will need a piece of paper and a writing utensil. For 10 seconds, students will draw a squiggly line onto the paper with their eyes closed. Next students will take 2 minutes to make a picture out of the squiggly lines.	Up Down Left Right Have students stand up and put their hands in front of them, palms facing away from them with fingers pointing up. First, students will move their right hand up and down. Next, students will move their left hand left to right. Now, have students try to do these movements simultaneously.	The Superman Have students stand up and point their arms in the air. Next, have students lift their left leg and balance for 15 seconds. Are any students able to get their legs parallel to the ground? Now have the students switch legs, balancing on the opposite leg for 15 seconds.

Week 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Finger Tips Stand up and make an X with your arms in front of you. Have your palms facing you with your fingers up in the air, then lock your thumbs. Using the pointer finger of your right hand, touch the tip of each finger with your left hand. Now switch and try to touch your left pointer finger to the tips of each finger on your right hand.	Right on Left Balance Stand up and put your right foot on top of your left foot. Try to balance this way for 20 seconds. Now try bending over to touch your right hand to your right foot without bending your knees. Count to 20. Now switch, putting your left foot on top of your right foot.	ABC, 123 Stand up and use your index finger to write a large "A" in the air. As you write the "A", say out loud the number "1". Now use your index finger to write a large "B" in the air and say "2". Try to go all the way through the alphabet. A variation of this would be to use both hands and switch back and forth as you say the number.	T Stretch Stand up and put your arms straight out and shoulder height like a T. Keeping your arms straight, try bending down to touch your left hand to your right toe. Your right hand should be high in the air. Hold for a count of 5, then return to standing position with your arms stretched to create a T. Now bend down and touch your right hand to your left toe for a count of 5.	The Crab Stand up and put your arms out in front of you. Match your fingertips from the left hand with your right hand-thumb to thumb, pointer finger to pointer finger, etc. Now lower your middle finger-putting your knuckles together. Starting with your thumbs, touch and un-touch the tips of your fingers. Are you able to un-touch your ring finger?

Week 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Arm Stretch Stand up and put your arms in front of you with your hands clasped together. Keeping your hands together and elbows locked, move your arms to the left of you. Move your arms as far as you can. Try to keep your arms straight. You should feel a stretch in your shoulders. Then move them to the	Ear and Nose Switch Stand up and grab your left ear with your right hand. Touch your nose with your left hand. Uncross your arms and switch-right hand touches your nose and your left hand grabs your right ear. Switch back and forth as fast as you can.	Elbow to Knee Stretch Stand up and hold your ears with your hands. Tap your right elbow to the top of your left knee. Now switch, touching your left elbow to your right knee. Repeat this 5 times.	Can You Do This?! While spinning your right foot clockwise, try to draw a 6 in the air with your right hand. (Most people are unable to do this.)	Pressure Point Massage Massage the pressure point between your finger and pointer finger for 30 seconds. Once 30 seconds is up, do this on the opposite hand.

right as far as you can. Repeat this several times. Now try this standing on one foot!				
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Week 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Slow Motion Have students stand. Prescribe a movement for the students to do for 30 seconds (i.e.: run in place), then switch to slow motion. Keep them in slow motion for 30 seconds, then pick a new activity. Other ideas: dance, clap, cheer, pretend to row a boat, play tennis or play basketball.	Standing Pretzel Cross your left ankle over your right. Extend your arms and cross your left wrist over your right. Turn your palms together and interlock your fingers. Bring your hands up under your chin. Stand quietly for 30 seconds taking deep breaths.	Chair in Action Have the students sit on the edge of their chairs or desks while keeping their back straight. Play music with a strong beat and have the students do the following actions: Hiking: Students swing their arms and reach left and right while tapping their toes and lifting their knees. Swimming: Students move their arms as if doing the front or back crawl and kick their legs in a flutter kick. Cycling: Students hold on to the seat of their chairs and pedal their legs as if riding a bike. Paddling: Students use an imaginary paddle to paddle a canoe (both sides)	Would you Rather? Present silly or thought provoking "Would you rather..." questions.	<u>Dance Dance Revolution</u>

Contact Kristina Kain or Melissa Lozano, Healthy Schools Coordinators at kristina.kain@jeffco.k12.co.us melissa.lozano@jeffco.k12.co.us for questions or feedback.

Resources:

[David Sladkey's Energizing Brain Breaks](#)

[Joshua MacNeil's 101 Brain Breaks and Educational Activities](#)

[Susan Lattanzi Roser's Energizers! 88 Quick Movement Activities That Refresh and Refocus](#)

[Jean Blaydes' Thinking on Your Feet](#)