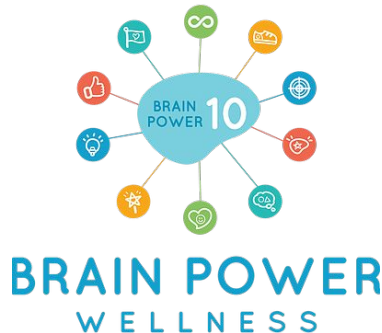


Let's Get Moving: Brain Power Transitions

*The following exercises and brain breaks have been adjusted to allow for proper social distancing procedures. For more ideas visit the [Brain Power YouTube Channel](#)



For Each Activity Please
Be Sure to ALWAYS:

WEAR YOUR



KEEP YOUR

DISTANCE

&

Stay
Safe



Confidence: Sing, Dance, & Joke



* Students will be asked to perform a short song, Dance, or tell a joke".

My name is _____ and I'm please to be the MC for our "Sing, Dance, Joke" show. We will need 1-2 volunteers to share their talent for one minute or less with the whole class. Remember everyone, we're going to clap and cheer for each other, especially when people are nervous or shy. Have fun!

TIP:

"Just Do It". The more you try, new things, the better you get at trying new things. Don't let fear of failure hold you back.



Confidence: Flying Eagle



BRAIN POWER
WELLNESS

Stand with your feet shoulder-width apart, feet parallel, neck and shoulders relaxed. Bring our arms straight out to the side. Flex your hands like you are pushing the wall. Hold it for one or two minutes. Focus on breathing slowly and deeply from your energy center.

Challenge:

To build your endurance and persistence practice holding this posture daily and increase the length of time by 30 seconds or 1 minute each day.

TIP:

This is a good posture to ground your energy.



Character: Compliment Game



This is a great activity to do at the end of the day or after a challenging lesson. In your class, everyone is going to get a chance to compliment themselves and at least one other person.

First, start by giving yourself a compliment. It could be something you're proud of from your day at school or something you did really well.

Then, choose order person from your class and give them a compliment, perhaps about their effort from today's activities. Something nice you noticed them do, or what you liked about them. The person you complimented will now compliment themselves and someone new. Make sure everyone has a chance to go (if time allows).

BE KIND



Tip:

Try to give sincere compliments about your classmate's character instead of superficial compliments about their appearance.

Mindfulness: Brain Screen



Please say something like this to your class:



"Brain Screen is an activity that allows you to create and save images in your mind and unlock your imagination. Close your eyes and imagine a blank movie screen in your mind. Using your Brain Screen, imagine that you can create anything you want. You're the star of this movie. See yourself learning everything in school today, having fun and being a positive leader. Try to see every detail as you create your best day. You can use your Brain Screen to remember things from the past or you can use it to create and imagine the things you want.

Mindfulness: 4-Part Breathing



BRAIN POWER
WELLNESS

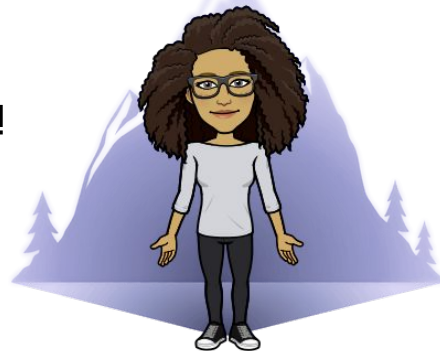


This is a great exercise to do when you're feeling stressed, overwhelmed, or if you have too much thinking and it's hard to focus. You are going to practice breathing deeply in 4 parts. The 4 parts are:

1. Breathe in through your nose for 3 counts
2. Pause for 3 counts
3. Breathe out through your mouth for 5 counts (as if you're blowing out a candle)
4. Pause for 3 counts

Start by sitting up with your back straight and close your eyes and practice 4 part breathing for at least 1 minute.

★ Do you feel better than before? Great job!



**1-Minute
Exercise:
4 Part
Breathing**



Mindfulness: Gratitude Meditation



BRAIN POWER
WELLNESS

Sit comfortably with your spine straight and close your eyes. Breathe Deeply in through your nose and out through you mouth. Think about three things in your life that you are grateful for, you can write them down if you like. Reflect on the people in your life like your family, friends, or teachers. Reflect on an event that is coming up that excites you.



- ★ How does it feel to focus on these things? Try focusing on this feeling of gratitude throughout your day today and see if you can practice showing gratitude for the people and things around you.

GRATEFUL



Mindfulness: Brain Tapping



I don't get it...



Close your eyes and gently tap the top of your head with your fingertips. Keep breathing out through your mouth. Smile and give your brain a positive message while you tap. Then tap the sides of your head. The back of your head and all around your face.

- ★ Notice which spots feel lighter or more painful. Tap those places for a longer time and imagine that you're breathing out the tension from that spot. Your brain is getting brighter!



**1-Minute
Exercise:
Brain
Tapping**

Focus: Pinky Thumb



Make two fists in front of your chest. On one hand stick out your thumb. On the other hand, stick out your pinky. Now bring them both back in. Then switch and stick out the other thumb and the other pinky. Keep switching back and forth. Remember to smile, breathe out and tell yourself: "I can do it!"

Brain Fact:

Trying something new and challenging can be stressful but facing challenges with a growth mindset helps you persist through positivity.



**1-Minute
Exercise:
Pinky Thumb**

Focus: Brain Power Says



Have you ever played "Simon Says"? This is very similar to it! Ask everyone to stand up and take a deep breath in and out. Explain to everyone that anytime you say "Brain Power Says..." they have to do what you say and not what you do. They should only follow you when you say "Brain Power Says."

**BRAIN
POWER SAYS...**



TIP:

After a few easy "Brain Power Says" Movements, try to trick everyone for example: say "Brain Power Says tap your brain" (but you tap your belly).

Focus: Harmony Claps



Stand up and clap your hands in front of your forehead say "One!" Then, clap your hands behind your head and say , "Two!" Clap your hands in front of your belly and say, "Three!" Clap hands behind your lower back and say, "our!" Then, lift your right leg, say "Five!" Clap hands in front of your belly and say "Six!" Lift your left leg up and clap under your leg and say "Seven!" Finally clap your hands in front of your belly and say "Eight!"

Repeat the above 8-clap pattern, slowly increasing the pace.

BRAIN TIP:

Once you feel confident with the order of the clapping try speeding up. Have fun! Count by multiples for an added challenge.

**1-Minute
Exercise:
Harmony Claps**



Focus: Plates



Stand up, bring your right foot forward and right palm up. Imagine you're holding a plate. Bring your right hand in so your fingertips are facing your body, then back behind you then rotate round to side, in front and round your head. Keep doing it 10 times then switch hands and practice on the other side.

BRAIN FACT:

This exercise is great for keeping your joints health and balancing your brain hemispheres!



**1-Minute
Exercise:
Plate
Balancing**

Physical/Emotional wellness: Balance



There are three postures, “Flamingo”, “Tree”, and “Airplane”.

Flamingo: Lift one as high as you can, bend your knee 90 degrees with your toe facing down. Palms are together in front of your chest.

Tree: Keep balancing on one leg and bring your arms out to the side like the branches of a tree or hold them in front of your chest.

Airplane: Keep balancing on one leg and extend the lift leg behind you as you shift your body forward at your waist. Your arms remain out to the sides.

Don't forget to hold each posture at least 10 seconds and do both sides.



Physical/Emotional wellness: Side Stretch



Stand up and relax your shoulders and arms by your side. Lift your right arm straight up and imagine you're trying to touch the sky and, at the same time, pull your left hand down towards the ground. Feel the deep stretch on the right side of your body as you take 3 deep breaths in and out. Slowly lift your right arm higher and begin moving your upper body to your left as if you're reaching for the wall. Hold the stretch for ten seconds and breathe. Slowly let go of the stretch and do the same to your left side. Repeat the stretch three times on each side.

Physical/Emotional wellness: Squats



It's time to stand up! Place your legs shoulder width apart with your feet facing out slightly. Place your hands out in front of you for balance.

Using your hips and thighs for power bend down pushing your hips back like you are about to sit down on a chair, then stand up and repeat. Keep your chest up and face forward.

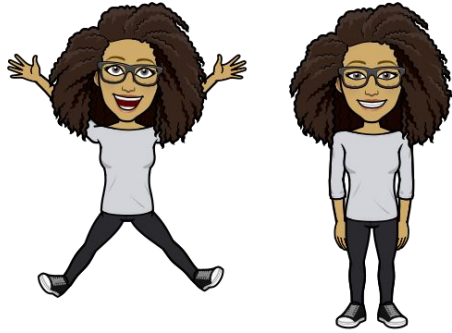
Set a timer and have students do as many squats as possible in a one minute period. Share with students that they should monitor their form.

Show the video so that students can see how to do a proper squat.

1-Minute Exercise: Squats



Physical/Emotional wellness: Jumping Jacks



STEPS:

1. Stand upright with your legs together, arms at your sides.
2. Bend your knees slightly, and jump into the air.
3. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head.
4. Jump back to starting position.
5. Repeat.



Physical/Emotional wellness:Lunges



BRAIN POWER
WELLNESS

Stand up! Place your feet shoulder width apart. Just step forward with one leg, and lower your hips until both knees are bent at about 90-degree angles. Keep the weight in your heels, and push back to your starting position. Make sure your knee doesn't go past your toes during this exercise



Citizenship: Energy master



ENERGY MASTER



Congratulations on being an Energy Master!

Your job is to choose (or ask your classmates to choose) one of the Brain Power Activities we have learned about to use as your Brain Break today. Make sure to encourage your classmates to do their best and have fun in whatever activity you choose.