



Educator Guide: Brain Break Activity

Recommended for Grades:

1st

Time:

4 minutes

Learning Objectives:

After completing this activity students will be able to:

1. Describe two ways that people can be different from one another.

Activity Description:

The Brain Break Activity can be used at any point during the day to give students a chance to get their wiggles out and give their brains a break. Gus the bird leads students through the short activity that reinforces the fact that everyone is different. Students will do various movements if statements are true for them.



Transcript

Screen 1

Gus: Well hello friends! Why don't we take a little Brain Break?

This is our time to move our bodies so our brains can learn better and we can get all of our wiggles out. Just listen to what I say and do what I tell you while standing in your same spot.

First, everyone stand up. Stretch your hands and fingers toward the sky, up on your toes, reach, reach! OK, relax. Now, everyone stand still and listen carefully!

If breakfast is your favorite meal of the day, raise both arms high! OK, arms down at your sides.

Everyone who plays a sport, jump three times! Whoa, bouncy!

If you like to dance, show us your best move! Everyone dance, dance, dance! STOP!

Anyone wearing green today, pat yourself on the shoulder! Ready for the next one?

If you can wiggle your ears, reach down and touch your toes.

If you cannot wiggle your ears, touch your elbows together.

If you have a dog or a cat, sit down! Now everyone stand.

If you have a pet that is a not a dog or a cat, do your best frog jump! Everyone stand up again.

If your favorite food is ice cream, march in place! Good job.

Now everyone who tries to be nice every day, stand up tall and straight. I hope everyone is standing. Raise both arms and reach for the sky. Now pretend you're climbing a ladder to reach for the moon.

OK! Clap your hands three times. Flap your wings four times. Wiggle your tail five times.

Take a deep breath in through your nose and blow out through your mouth. Once more, breathe in through your nose, blow out through your mouth. Everyone sit down in your spot.

Screen 2

Gus: Wow! Not only did we get our bodies and brains working...but we got to see all the ways our classmates are different and who likes different things. Very cool, kids.



Acknowledgements

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Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

