

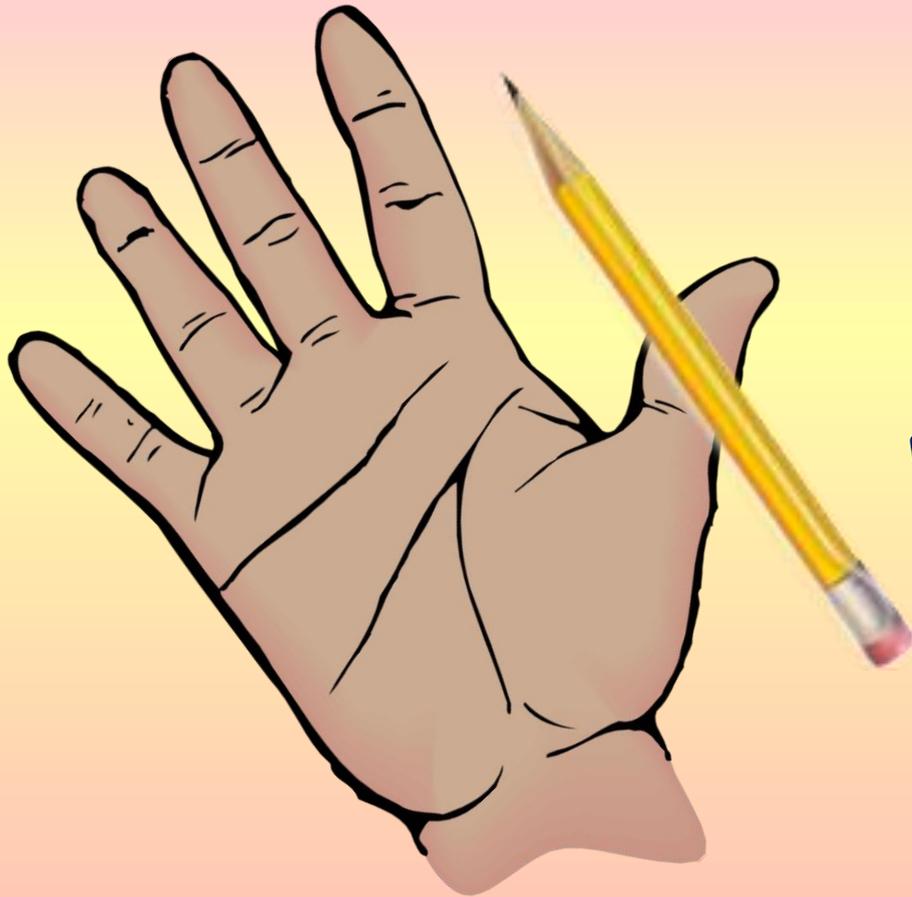
# Neuro-Break

**180**

**Brain Activation Activities  
for the Classroom**

By Maria Sargent and Kara Stewart

# Pencil "Side" Balance



Balance pencil  
on each finger  
then repeat  
with other hand

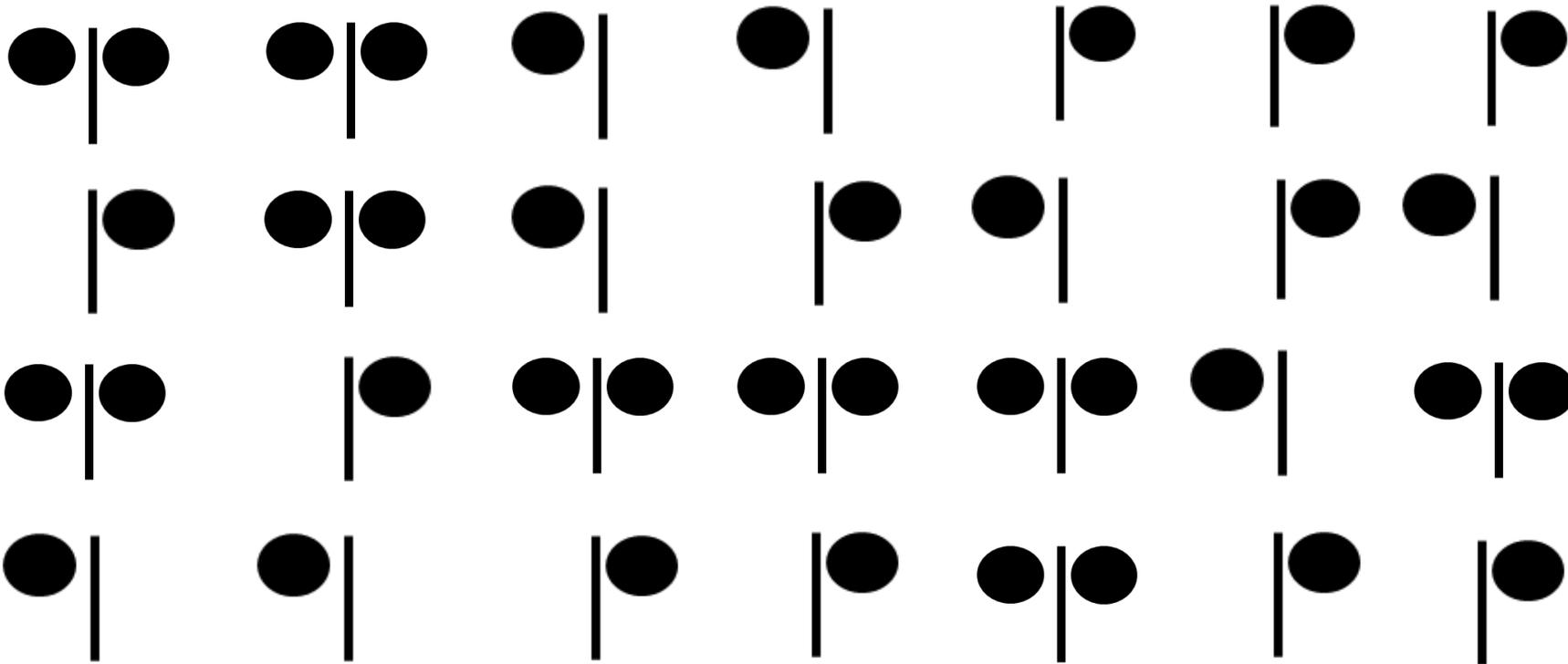
# Hooray Dance



Alternate moving  
with right arm and  
right leg and then  
your left arm and  
your left leg.

**Reverse!**

# SUNY Hand "Reading"



"Read" the slide.



left hand on desk



right hand



both hands

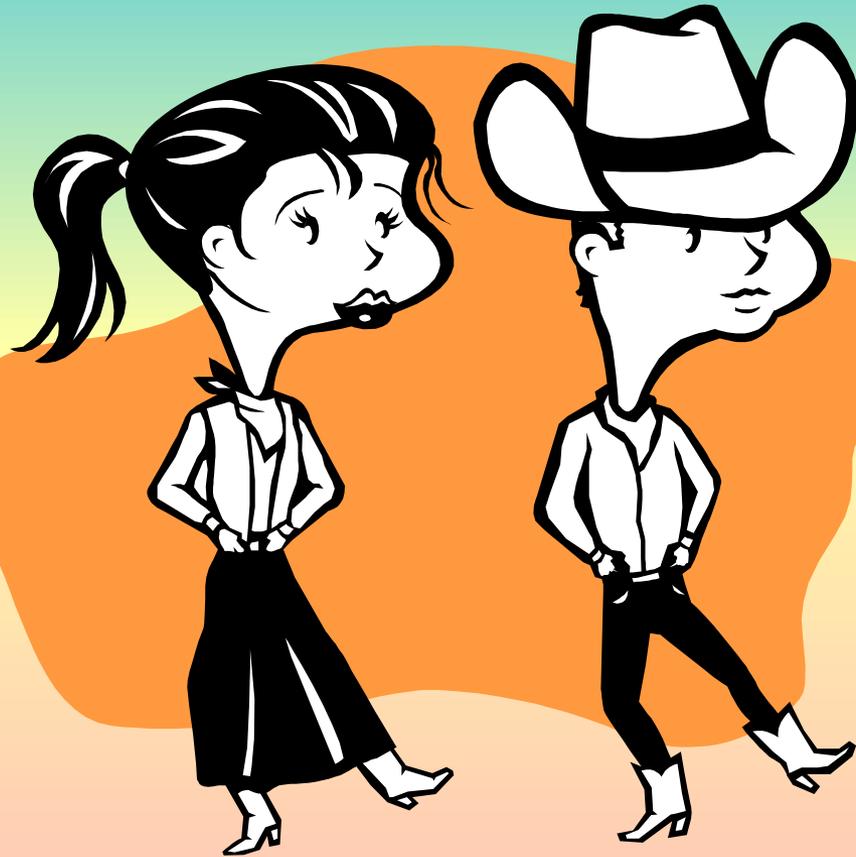
# Victory



**Clasp hands together  
and move them  
to a body part  
or location  
(i.e. up to right)  
on command.**

**Can you keep your  
hands together?**

# Do-See-Do



Make circles in the  
air with one hand  
while keeping a given  
beat on your leg  
with the other hand.

Can you make  
the circles  
going either way?

# Balance Beam



Walk heel-toe;  
four steps forward  
and four steps back. Repeat

Can you stay  
in a straight line?

# Rock-a-Bye-Baby



Try to remember as far back in your childhood as you can. Remember one thing from the previous grade and then keeping going back year after year as far back as you can remember.

Share your oldest memory with a friend!

# Do the Shuffle



Walk toe-to-toe (Λ)  
and then  
heel-to-heel (V)  
to one side,  
and then reverse  
and come back

# Hot and Cold (easy)



Work with a partner and choose something in the room. Give your friend clues by telling them they are "hot", "cold", "colder", etc. Once they guess your item, trade places and you guess this time!

# Do the Twirl



Lift one foot and promenade (turn) around to left and then to the right.

Switch feet and repeat.

Can you keep your balance?

# I Spy (easy)

Work with a partner. Have them close your eyes while you pick something in the room. Now they can open their eyes. You can tell them what color it is and the rest they have to guess. Did they figure it out? Now trade places and try again!



# In the Dark



Close your eyes and touch parts  
of your own body on command  
(i.e. right hand to left knee)

# Math Beat



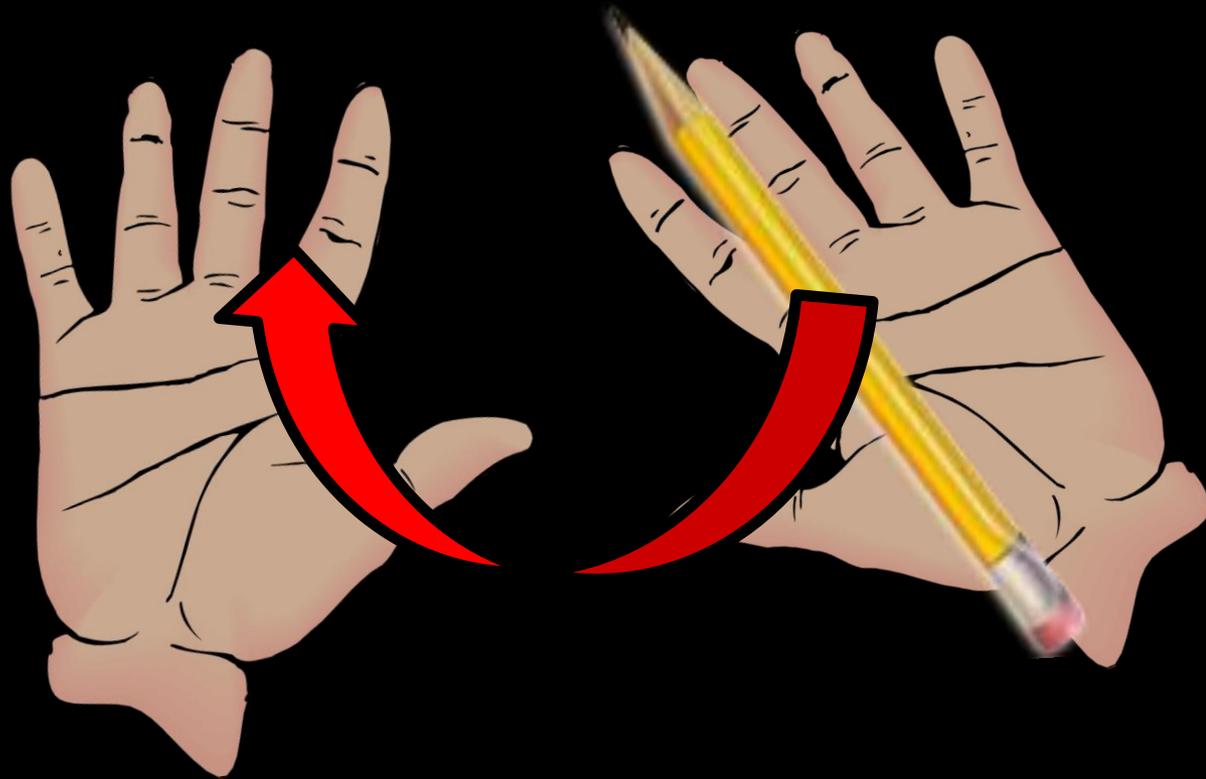
Hop or jump to  
math-based  
fact appropriate  
for age (i.e.  
addition,  
multiplication,  
even #)

# Clap the Question



Repeat a given question while clapping and then hop or jump while giving the answer.

# Pencil Twist



Twirl pencil back and forth, alternating between fingers of both hands

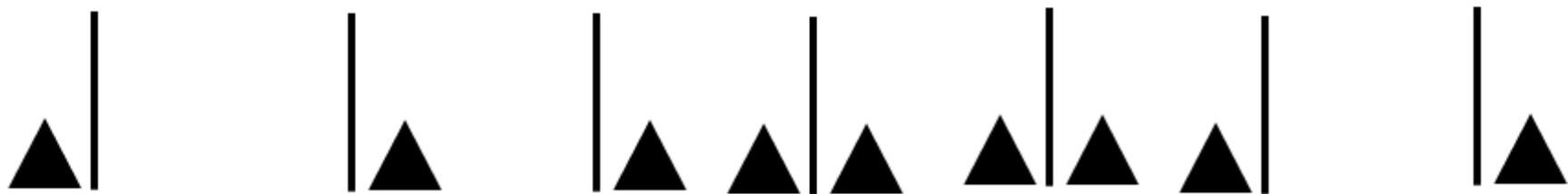
# Hurt Leg Walk



Walk forward and  
backward while  
“dragging one leg”  
(alternate)

How far can you  
go and still keep  
your balance?

# Foot "Reading" Tap (easy)



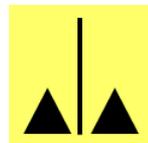
"Read" the slide.



left foot on floor

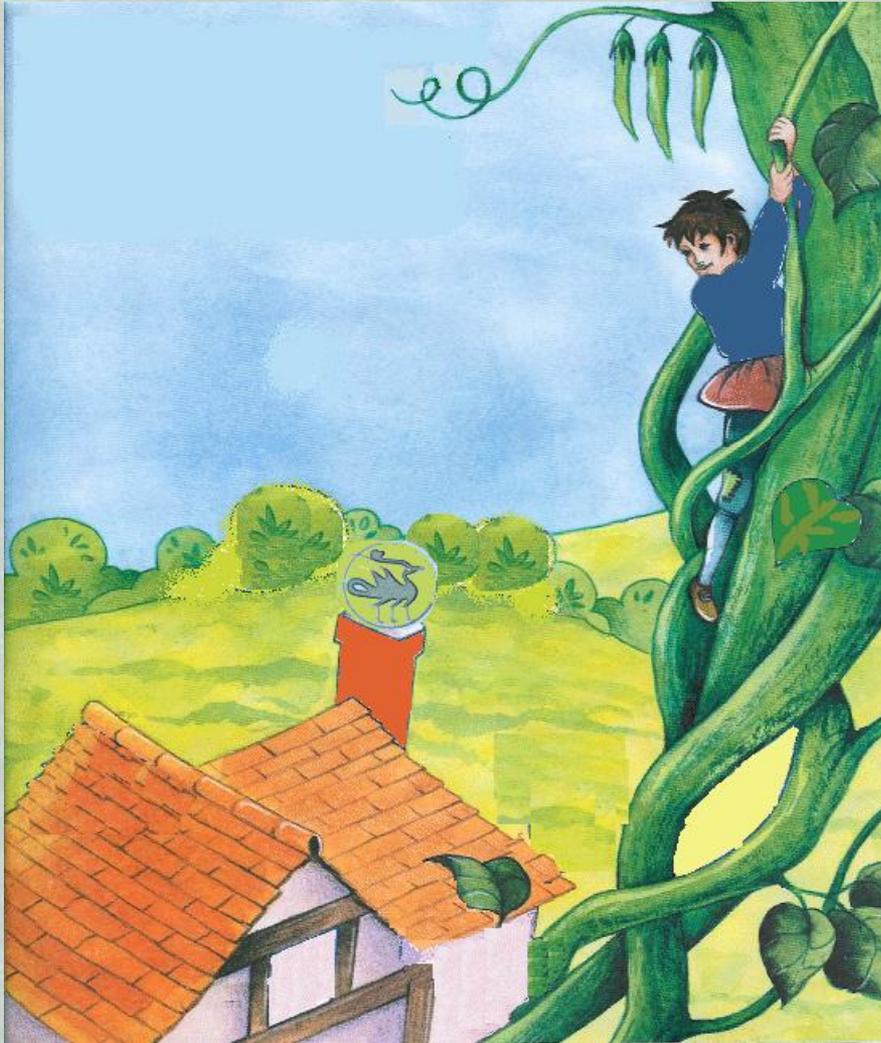


right foot



both feet

# Jack in the Beanstalk



Become  
the bean stalk  
and grow  
or shrink  
on command.  
How tall can you  
stand...how small  
can you shrink?

# Finger-Arm Wave



Try to isolate movement (like a wave) from your fingers to shoulders and then back.

# Week Review



Use a different  
movements  
for each day  
of the week.  
Recite the days,  
changing your  
movements  
as you go.

# Finger Tap



Tap one finger at the time  
while not moving the other fingers.  
How fast can you go?

# The Russian

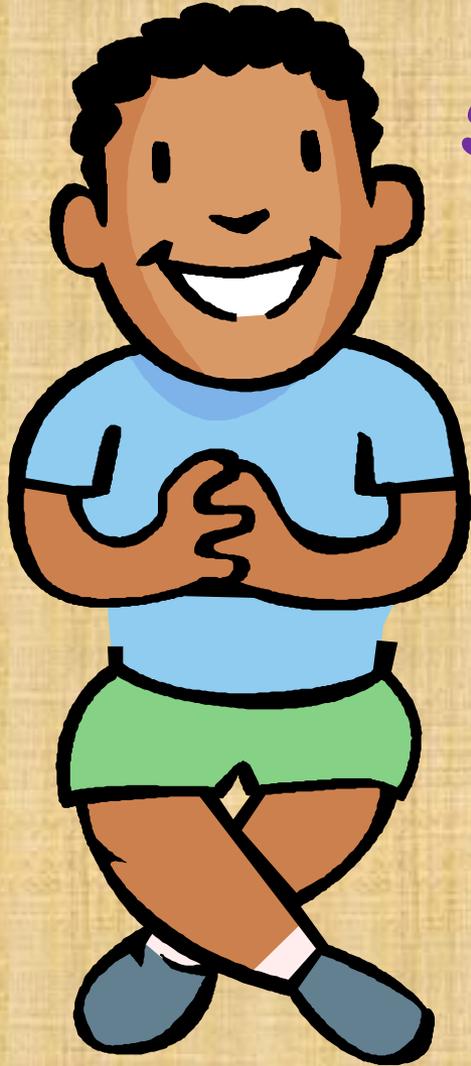


Do the  
"Russian" dance.

How high  
can you  
send your legs?

How long  
you can go?

# Cross Walk



Sit in a chair or lie on floor.

Cross your right leg over  
your left leg and  
your right arm over  
your left arm.

Now switch both arms  
and legs and put the left  
on top. Repeat!

# Hand Alphabet (A-C)



A



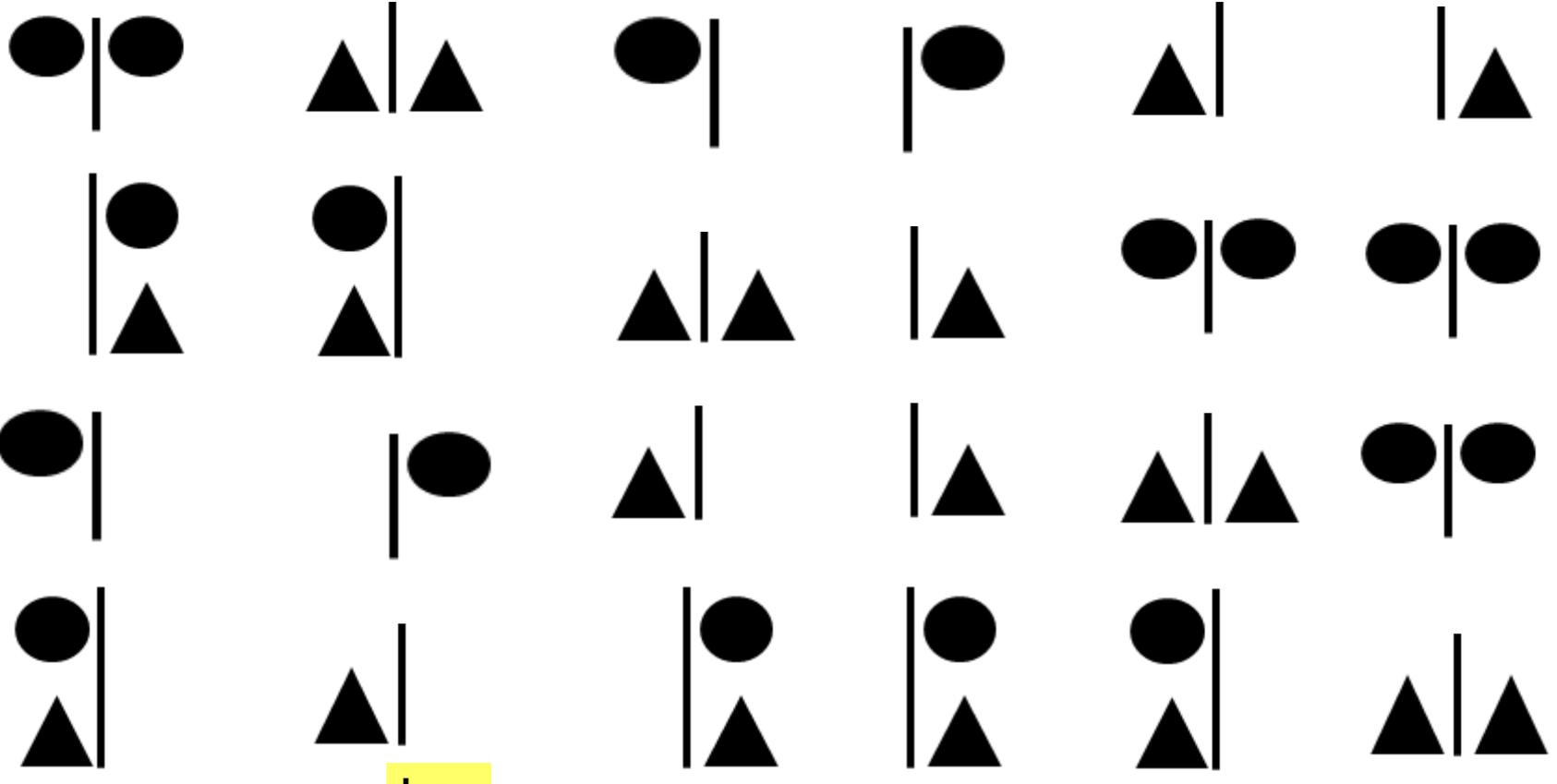
B



C

Learning to sign the alphabet is a wonderful thing. Let's start at the beginning...

# Foot & Hand Tap (challenging)



Example:



-right hand and foot



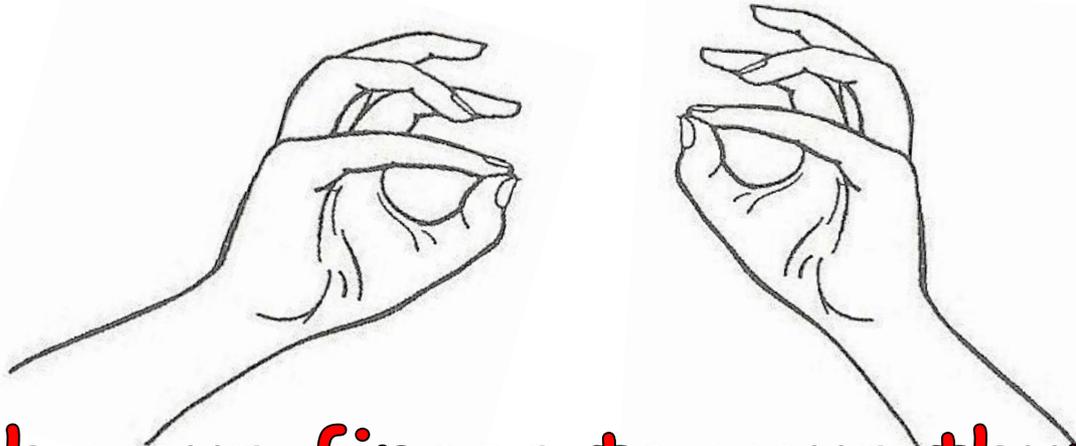
left hand and foot

# Penny Balance



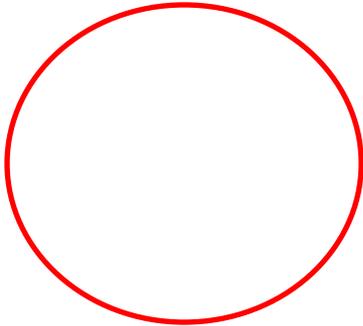
Balance a penny  
on one finger  
and then  
transfer the  
penny from  
hand-to-hand  
and  
finger-to-finger.

# Finger Tap Extraordinaire

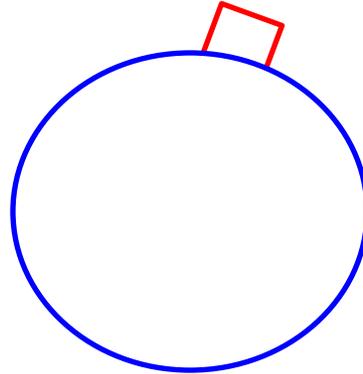


Touch your finger to your thumb and then repeat with the other fingers, but this time start with one hand then add the second hand going in the opposite direction! Can you do it?

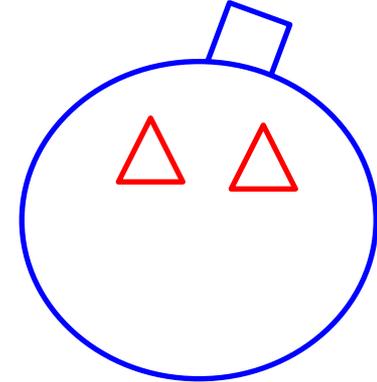
# Tell & Draw Story (easy)



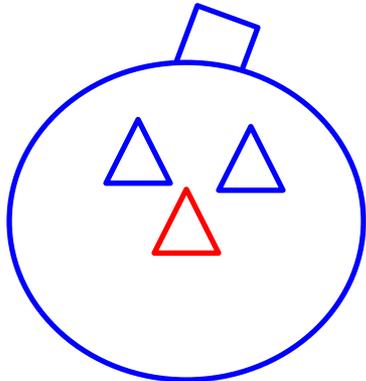
An old lady lived in a round house..



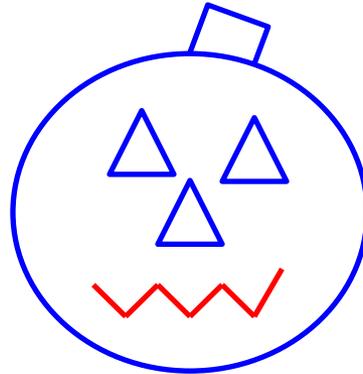
...with 1 chimney.  
She heard something...



...so she ran upstairs to look out the 2 windows.



Nothing there! So she looked out the window downstairs...



...and all over the basement. Nothing there!



So she gave up and went to bed! What was there?

Tell & Draw stories are fun! Try this one yourself...

# Hand Alphabet (D-F)



D



E

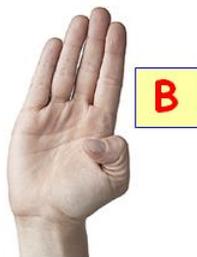
F



Letters we already know...



A



B



C

# Do the Twist



Bring alternate  
knees and elbows  
together,  
alternating sides  
as you go.

# Take a Knee

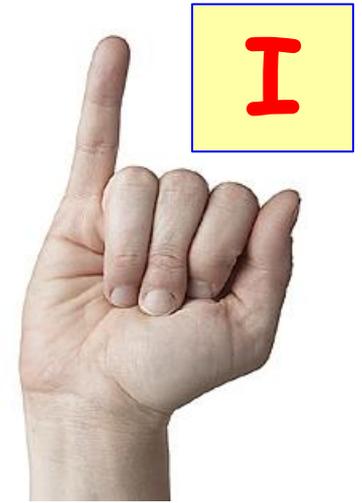


Lift up left knee  
and hold it with  
right hand on top.

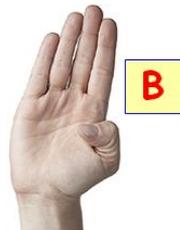
\*\*\*\*\*

Repeat with  
right knee  
and left hand  
on top!

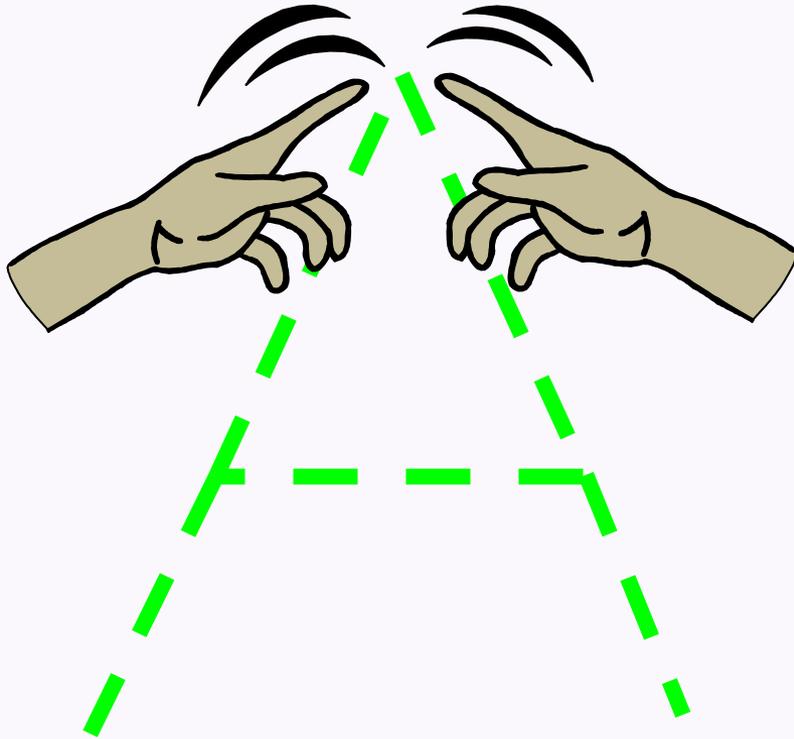
# Hand Alphabet (G-I)



Letters we already know...



# Air Writing



Write letters  
or words  
in the air  
using both hands  
at the same time.

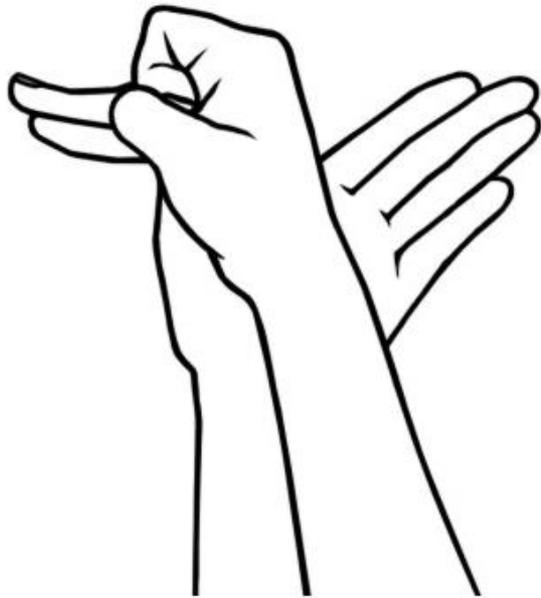
# Pencil "End" Balance



Balance  
your pencil  
on each finger  
then repeat  
with other hand.

Is one hand  
easier than  
the other?

# Hand Shadows (introduction)



**Duck**



People used to have fun by making hand shadows on the wall. Some people could even tell stories!

Can you make these hand shadows?

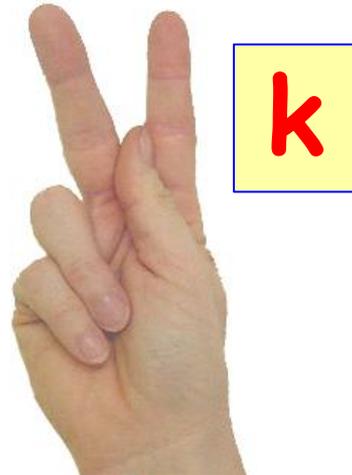
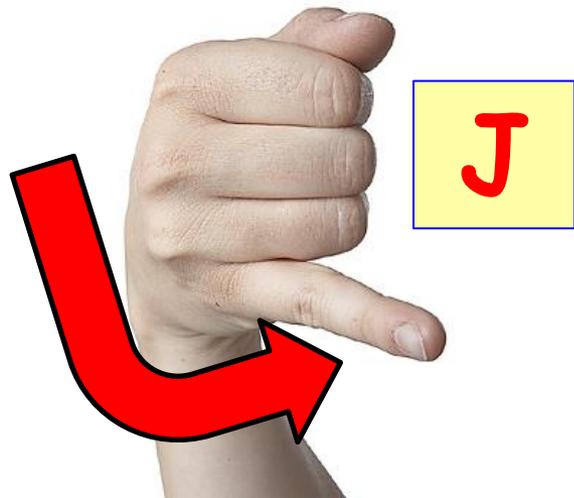
Use your imagination to see the animal shape!

# "Leader of the Band" March

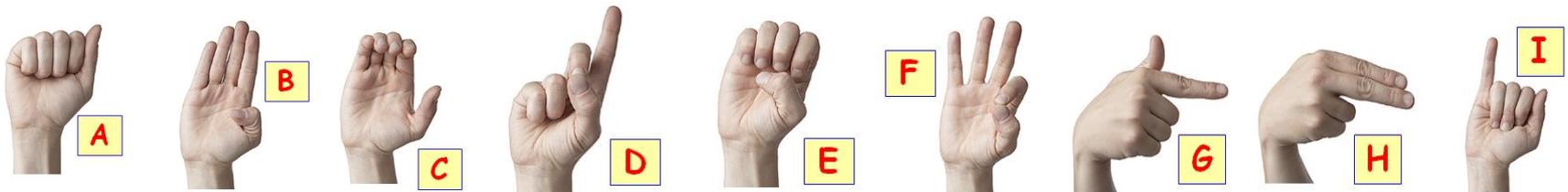


**Lift one leg  
high in air  
while  
holding out arms.  
Switch to  
the other  
leg smoothly.**

# Hand Alphabet (J-L)



Letters we already know...



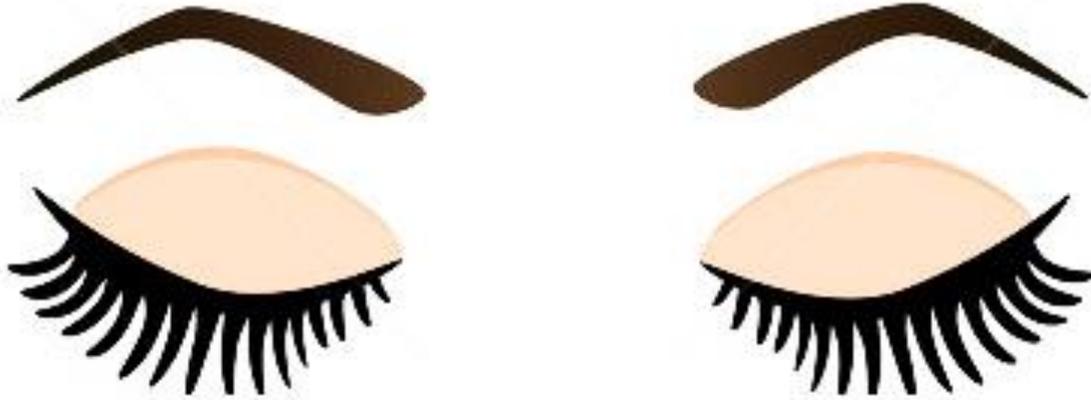
# Math Magic (easy)



Count or work  
simple math problems  
someone gives you  
while you jump up  
and cross your legs  
and then jump again  
and uncross them.

Can you keep from  
making a mistake?

# Close Your Eyes



See how long you can stand perfectly still with your eyes closed.

Can you do it on one foot?

# Hand Alphabet (M-O)

M



N

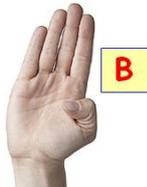


O

## Letters we already know...



A



B



C



D



E



F



G



H



I



J

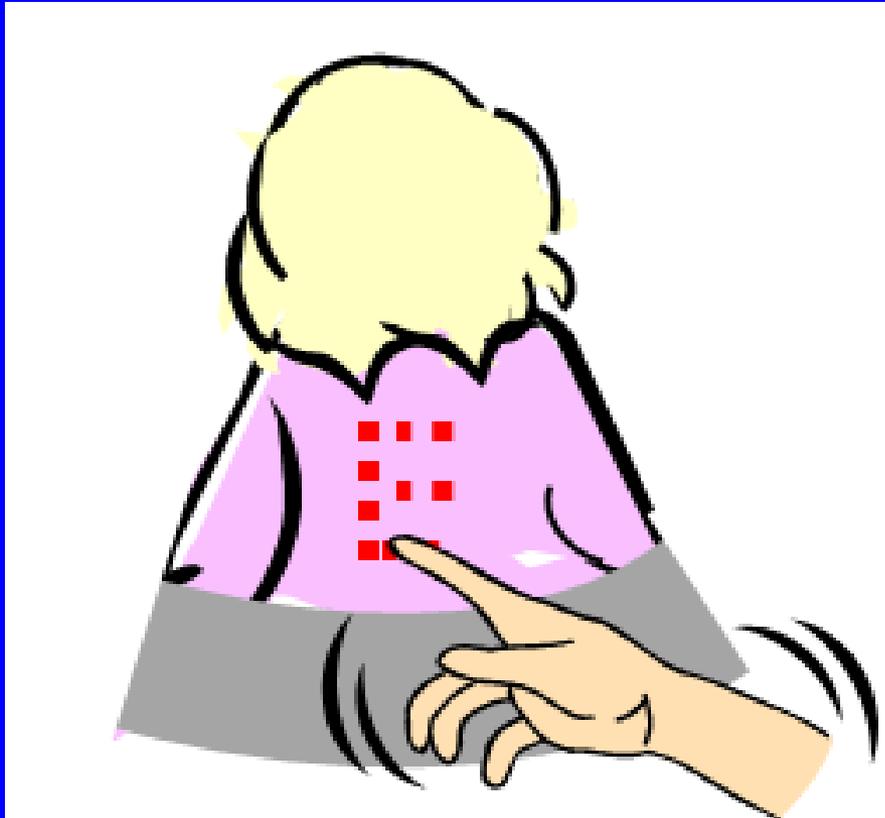


K



L

# Back Writing



Close your eyes  
while someone  
writes a letter,  
number or word  
on your back.

Can you tell  
what it is?

# Hand Alphabet (P-R)



P



Q

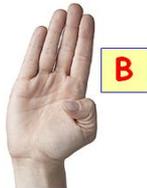
R



## Letters we already know...



A



B



C



D



E



F



G



H



I



J



K



L

M



N



O

# Tip-Tap



Listen to a  
math problem  
and tap  
the correct answer  
with your feet.  
(alternate right  
and left  
with each question)

# Cross Sleep



Sit in a chair or lie on floor  
with your eyes closed.

Cross your right leg over  
your left leg and your right  
arm over your left arm.

Now switch both arms  
and legs and put the left  
on top. Repeat!

# Hand Alphabet (S-U)



S



T

U



## Letters we already know...



A



B



C



D



E

F



G



H



I



J



K



L

M



N



O



P



Q



R



# "Switching" Starfish

Jump outward like you would in a jumping jack.

\*\*\*\*\*

Then jump back in while crossing your arms and legs with right on top.

Repeat with left on top.

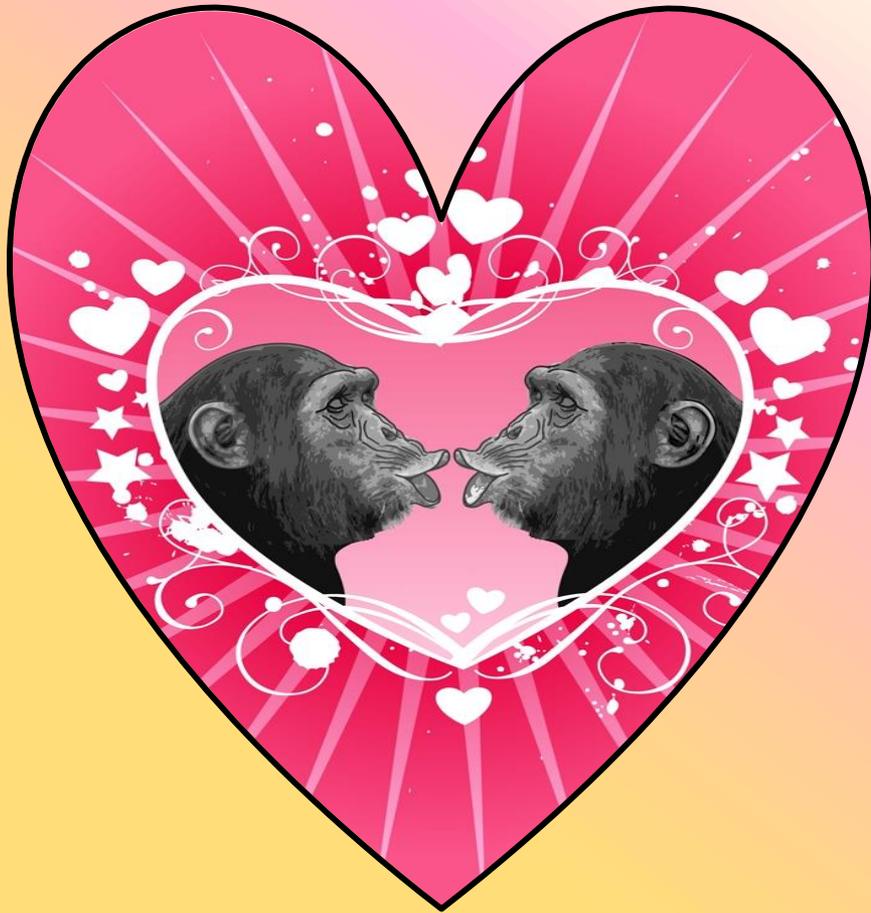


# Syllable Beat



Have students  
clap, jump or  
hop the  
syllables in  
spelling word  
list for week

# Monkey See...Monkey Do



Work with  
a partner  
or your teacher  
and mimic  
everything they do.

\*\*\*\*\*

Now switch  
and YOU  
be the leader!

# Hand Alphabet (V-X)

V



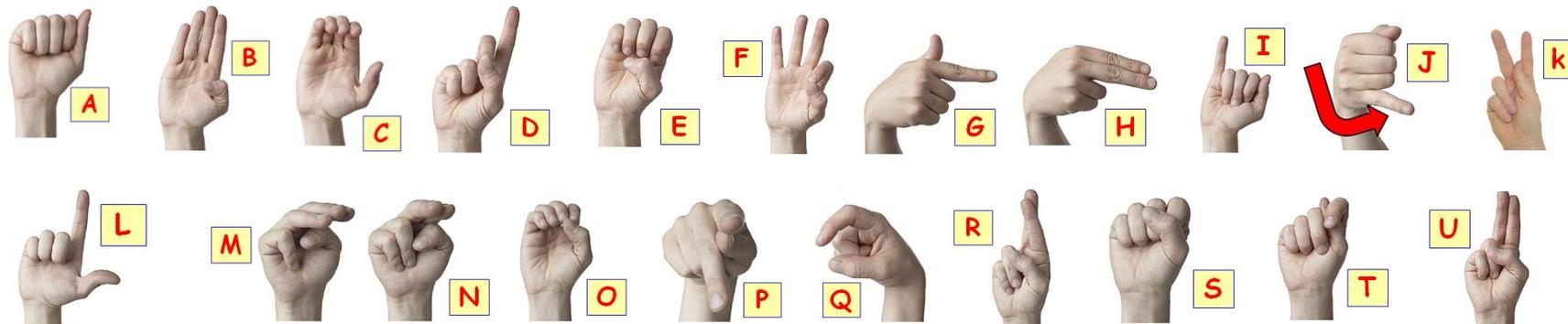
W



X



Letters we already know...



# Tummy Rub



Can you rub your  
stomach with  
one hand while  
patting your head  
with the other?

\*\*\*\*\*

Now try  
switching hands!

# Finger Touch



Touch your finger  
to your thumb  
and then repeat  
with the  
other fingers.

Go as fast  
as you can...

Now, try  
your other hand!

# Penguin Walk



Walk forwards  
and backwards  
without bending  
the arms or legs.  
How far can you  
go before you  
bend something?

# Cross March



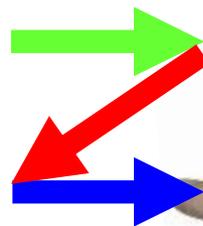
Lift up your right knee  
and place your  
left elbow on it.

\*\*\*\*

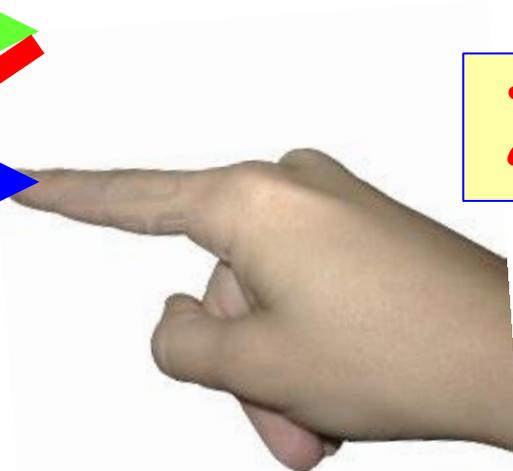
Then switch and use  
your left knee  
and right elbow.  
Repeat!

# Hand Alphabet (Y-Z)

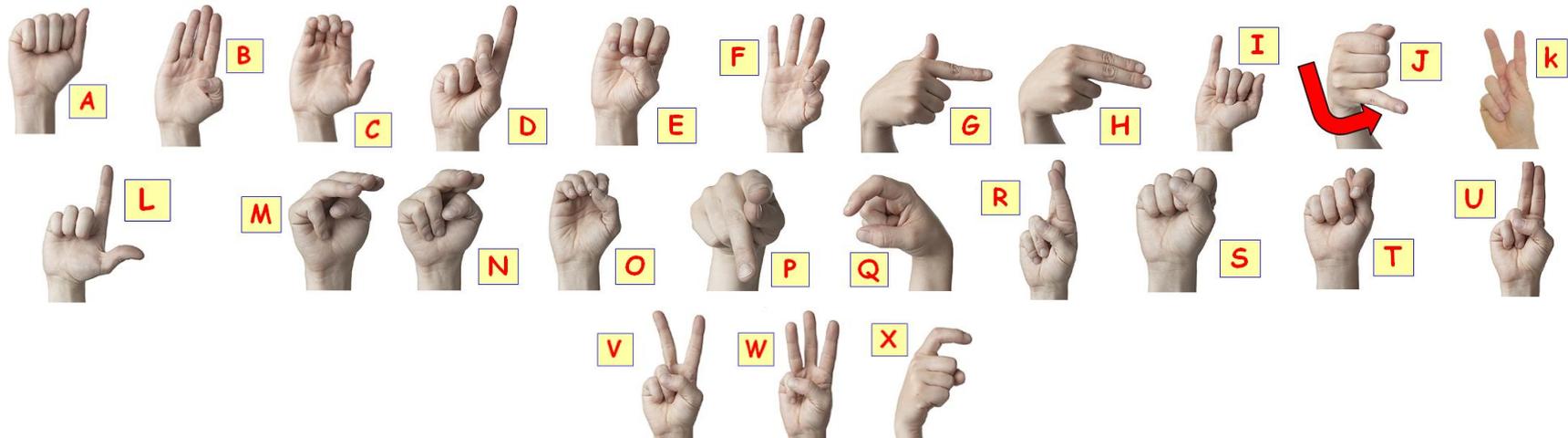
y



z



## Letters we already know...



# Take a Bow

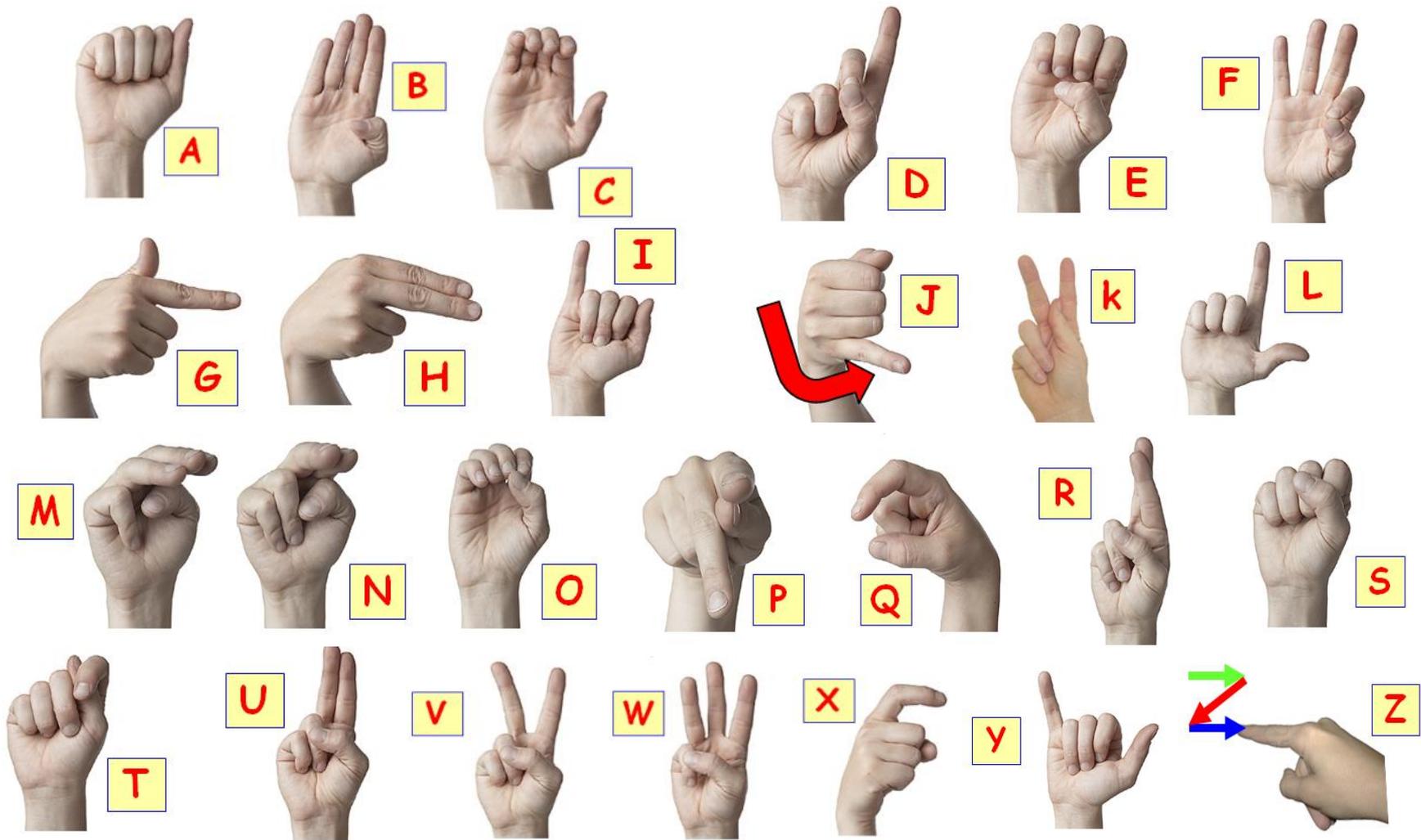


Place your right hand  
in the air and  
your left hand  
behind your back...  
now take a bow.

\*\*\*\*\*

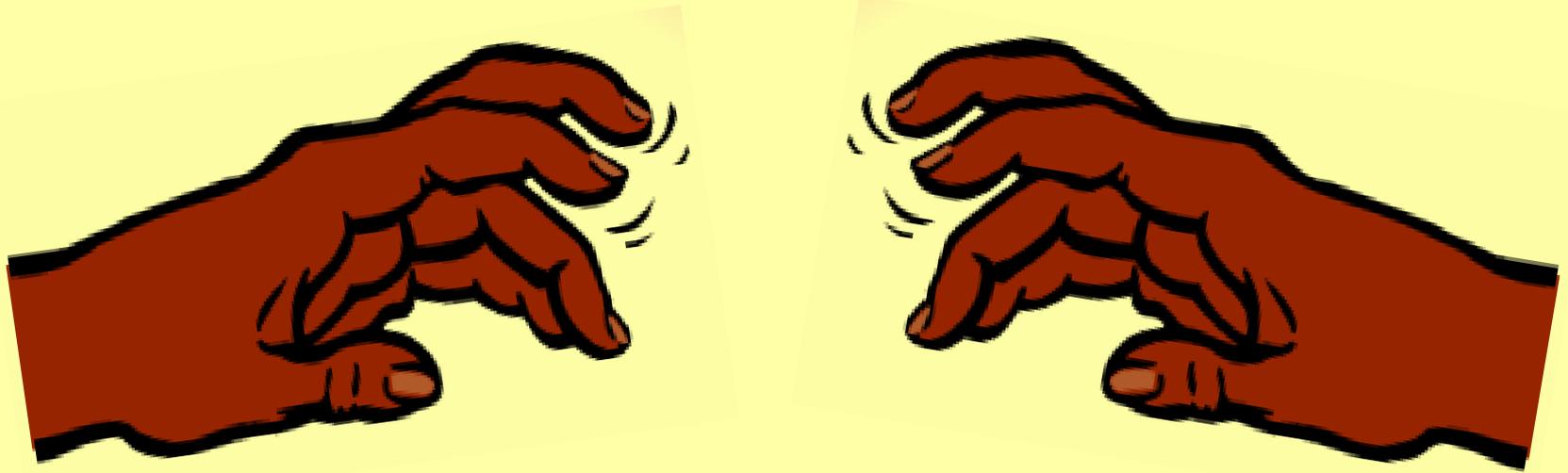
Can you repeat  
switching hands?  
How fast can you go?

# Hand Alphabet Challenge



Practice your spelling or vocabulary words with a partner!

# Finger Tap\*\*Times Two



Tap one finger on each hand  
without moving the other fingers.  
Try to move each hand together.  
How fast can you go?

# "Floating" Starfish



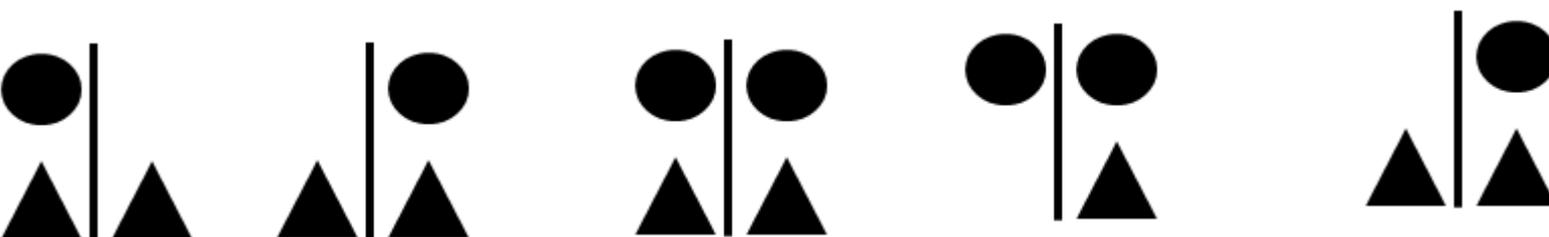
Jump outward like  
you would in a  
jumping jack.

\*\*\*\*\*

Then jump back in  
while crossing your  
arms and legs.

Repeat

# Foot & Hand Tap (ultimate!)



Example  -both hands and left foot

 -both feet and right hand

# Pencil + Hand Challenge

Hold a pencil in the **OPPOSITE** hand you usually use and point finger of your other hand.



Can you draw a shape or write a letter or word with both hands at the same time?

# Mirror, Mirror...



Stand in front  
of a partner  
and do everything  
they do (like they  
were a mirror).  
Take turns being  
the leader and  
move slowly.

# "Arm" Writing



Close your eyes while someone writes  
a letter, number or word on your arm.  
Can you tell what it is?

# Table Tops (easy)



Balance an eraser on  
your own "tables"  
(elbows, shoulders,  
head, arms or knees)

\*\*\*\*\*

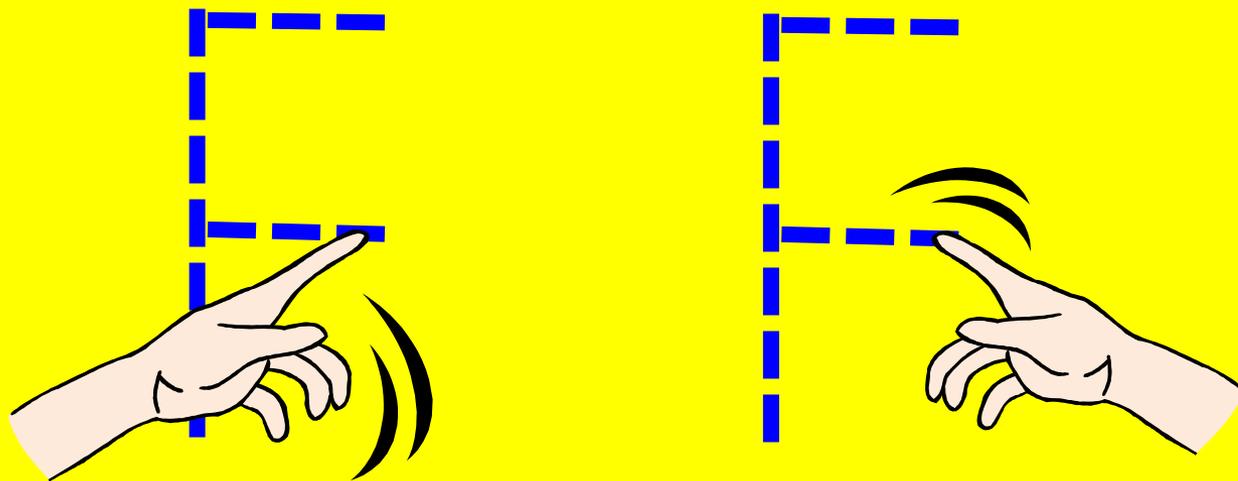
How many erasers can  
you balance at once?

# Month Review



Use a different  
movements  
for each month.  
Recite some  
or all of  
the months,  
changing your  
movements  
as you go.

# "Double" Air Writing



Write letters or words in the air  
with each hand at the same time

# Marching Madness



March at different speeds  
(1 slow--->10 fast).

How fast can you go? How long?

# Hand Shadows (Beginner)

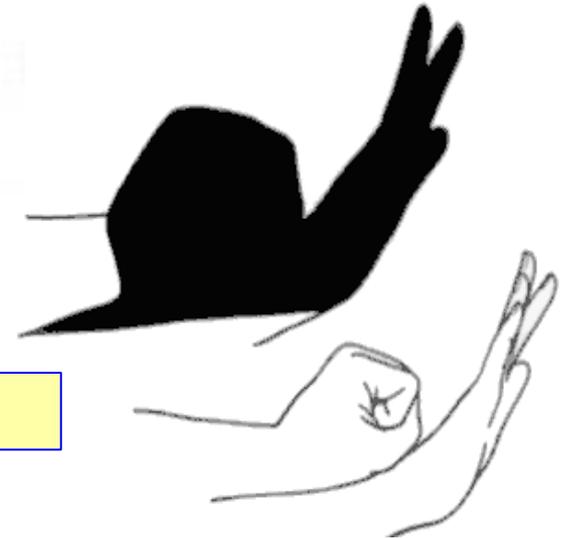
**Turkey**



**Bird**



**Snail**



Now that you know how to make hand shadows, try these new ones!

# Gloppy Glue



Imagine your feet  
are glued to the floor.

Without moving your  
feet, how far can you  
twist to the right?

To the left?

Can you bend and twist  
at the same time?

# School Finger-Map



Imagine the bottom of the desk is the door to the school and the top is your classroom.

Using your fingers, "walk" to your classroom. Which way do you turn?

# Conductor



Hold a pencil in  
each hand and be  
the conductor for  
some music.

Can you keep the  
rhythm with both  
hands at once?

# Breath Writing



Breath out very slowly while trying to draw a shape or write a letter or word with your breath.

\*\*\*\*\*

How many can you draw or write?

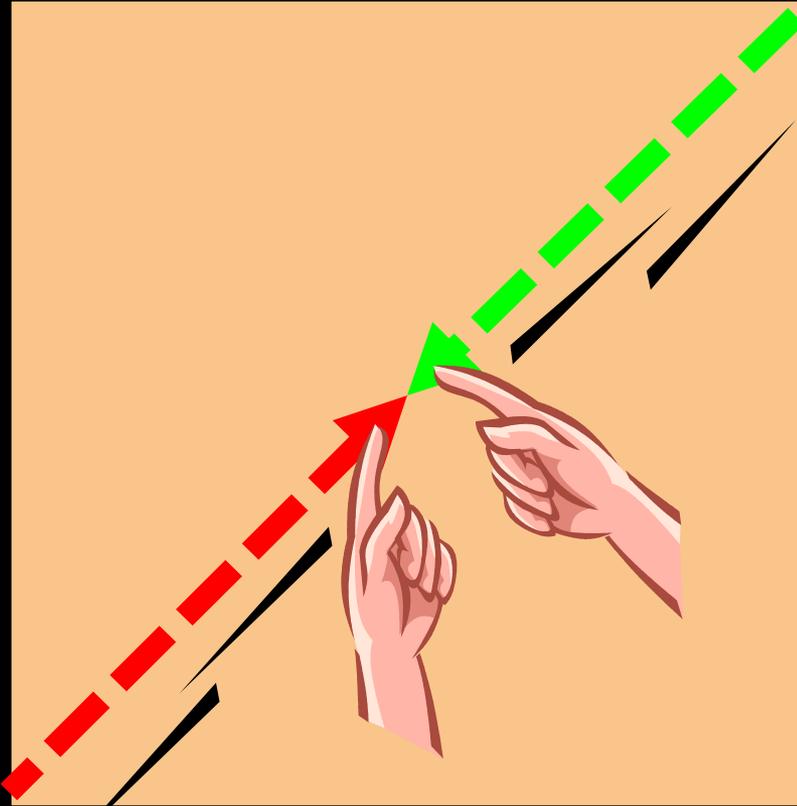
# Tapping Toes



Try to move your  
toes from the big  
toe down to the  
little and then back.

Leaning against a  
desk or sitting down  
makes it easier!

# Direction Challenge



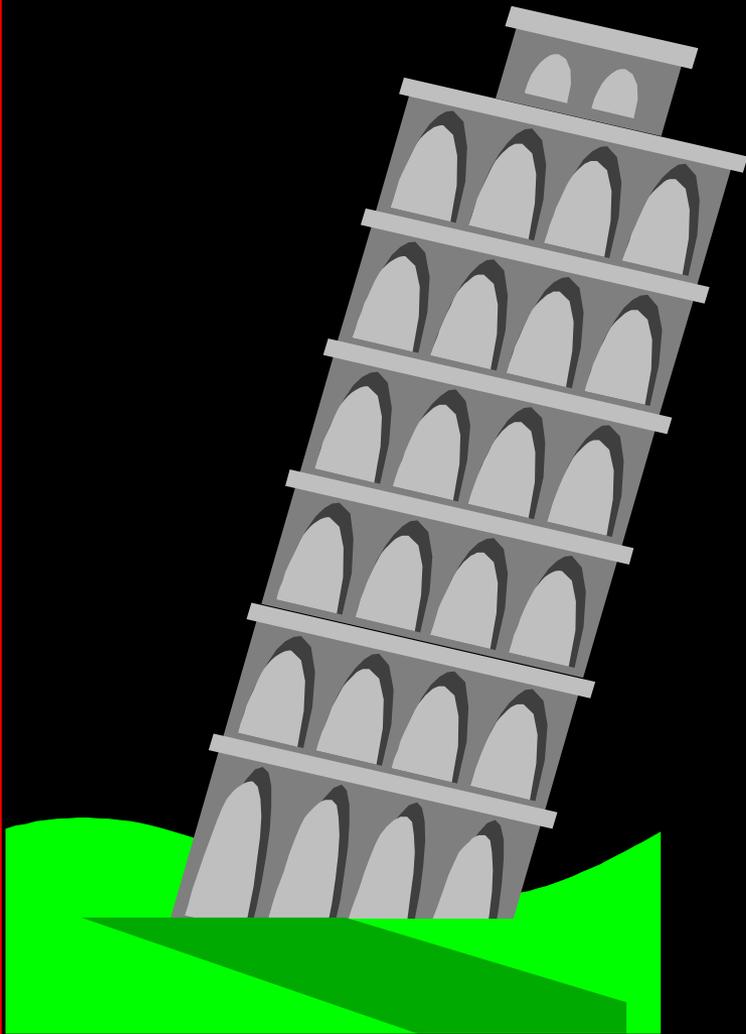
Using your finger on the desk draw "lines" from opposite sides and meet in the exact middle.

Try vertical, horizontal and diagonal lines.

Try changing speeds too.

Which lines were easiest and which hardest for you?

# Leaning Tower of Students



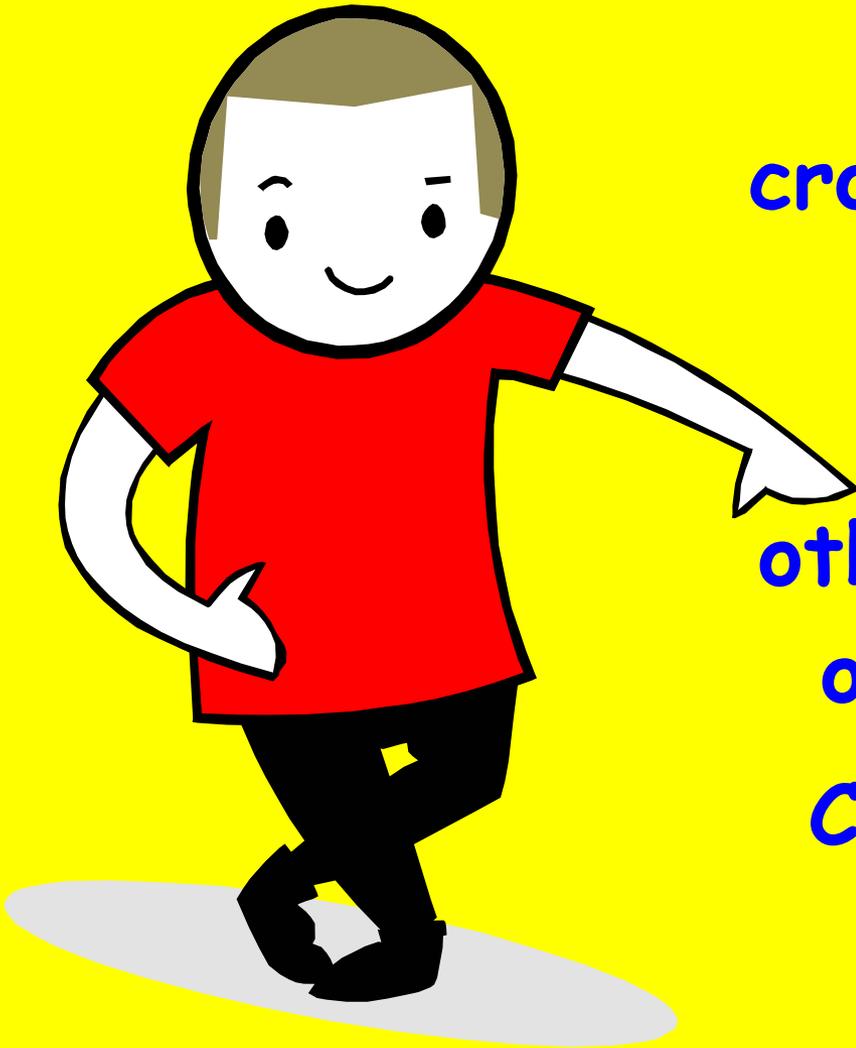
Pretend your feet are stuck in concrete. How far can you lean without moving them? Try leaning right, left, forward, backward, and diagonally. How far can you go?

# "X" Walk

Walk sideways by crossing your feet over in an "X".

Then go back the other way crossing the other foot in front.

Can you do this with your eyes closed?



# Paper Twirl

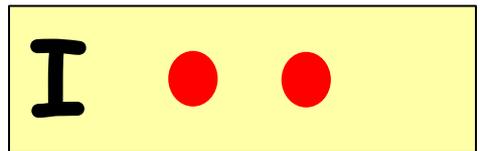
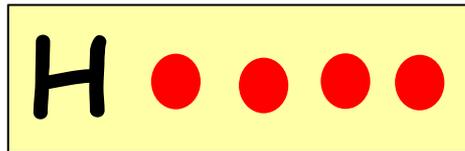
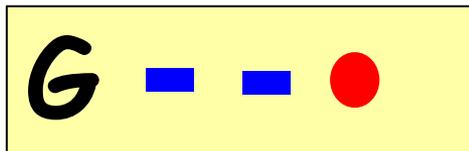
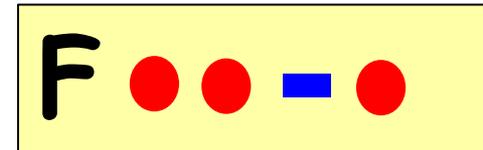
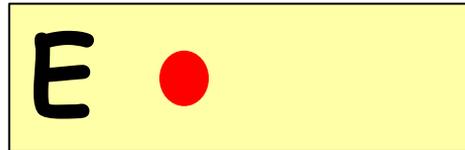
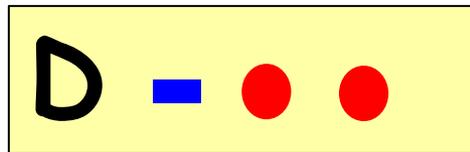
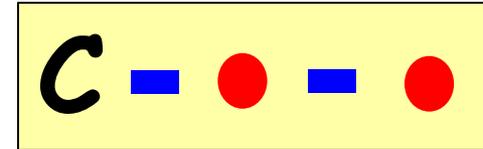
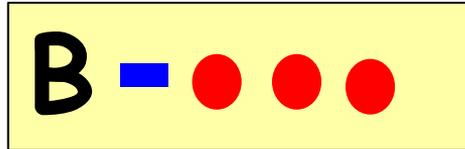
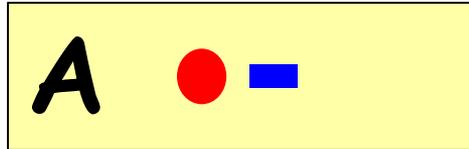


Hold a piece  
of paper between  
your two hands  
and twirl it  
to the right  
with your fingers.

\*\*\*\*\*

Can you reverse it?

# Morse Code (A-I)



You can use Morse Code to send messages,  
but you have to listen carefully.

See if you can tap out these letters.

The ● is a short tap and the — is a long one.  
Can you tell what letter a friend is tapping out?

# Hand Challenge



Hold a pencil  
in the  
**OPPOSITE** hand  
you usually use.

\*\*\*\*\*

Can you draw a  
shape or write a  
letter or word?

# Paper Crunch



Using one hand at a time, crunch up a  $\frac{1}{2}$  sheet of paper.

\*\*\*\*

Can you smooth it out with only one hand?

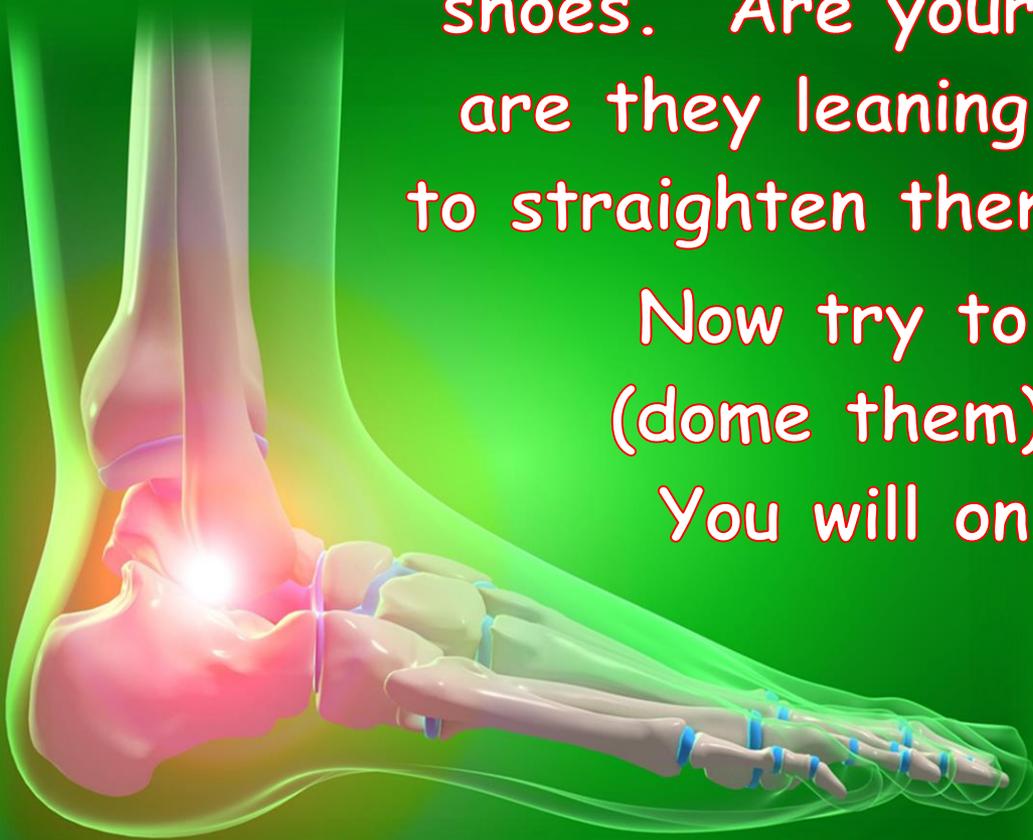
Now try with the other hand!

# Arch Challenge

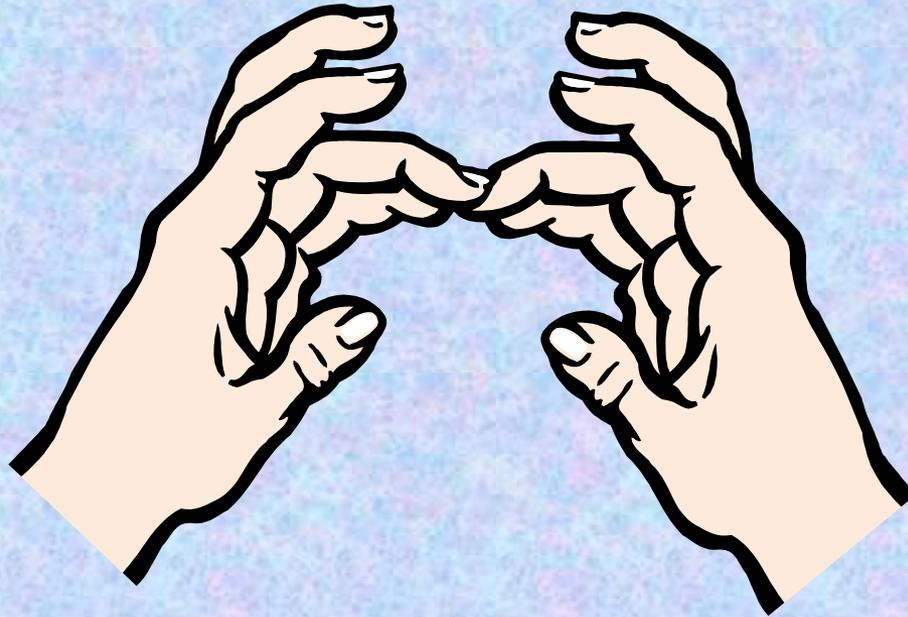
Feel how you are standing in your shoes. Are your ankles straight or are they leaning to one side? Try to straighten them before beginning...

Now try to lift up your arch (dome them) inside your shoe.

You will only be able to lift them a little, so don't force your muscles!



# Finger Bridges



Try to make different bridges with your fingers.  
Change which ones you have up and down.  
Make the hands do two different things.  
Try to make bridges with different levels.  
How complex of a bridge can you make?

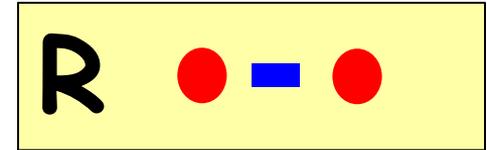
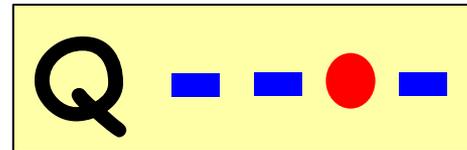
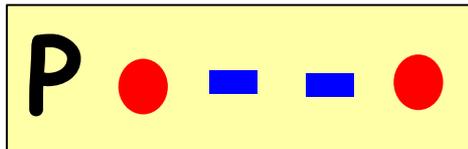
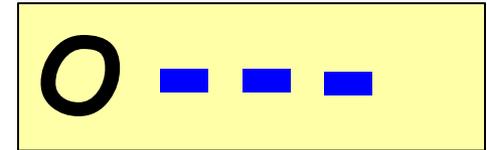
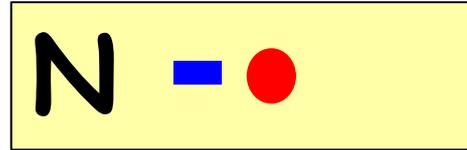
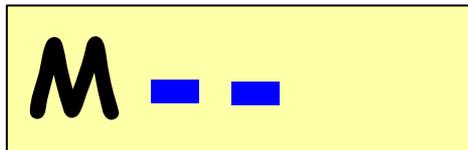
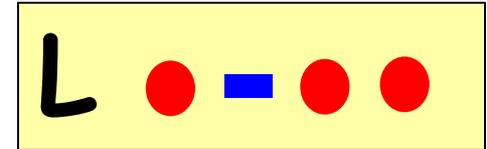
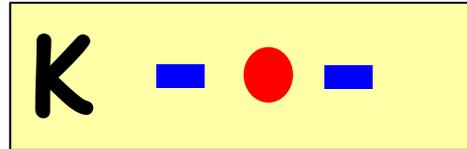
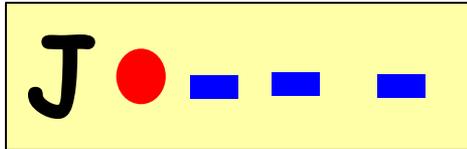
# Around-the-Clock



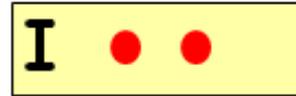
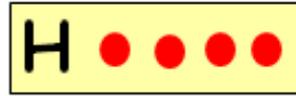
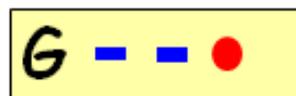
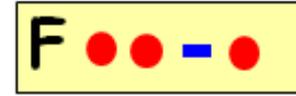
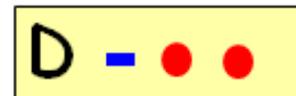
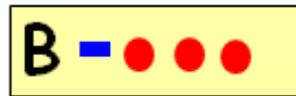
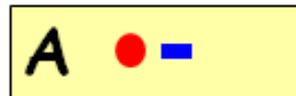
Pretend you are a  
clock and move  
your hands around  
your whole body.

Can you move all  
the way around?

# Morse Code (J-R)



Here are some more letters. Try both these new ones and the old ones you have learned.



# Hand Shadows (easy)

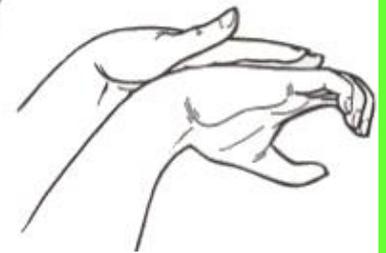
**Dog**



**Goose**



**Panther**



These new shadow are a bit harder.  
Can you do them?

# Stuck in Place



Pretend your hand  
is stuck to something  
(i.e. the wall,  
your desk, etc.).

How far can you move,  
twist and turn without  
moving that hand?

Switch hands and repeat!

# Morse Code (S-Z)

S ● ● ●

T -

U ● ● -

V ● ● ● -

W ● - -

X - ● ● -

Y - ● - -

Z - - ● ●

Here is the rest of the alphabet.

Can you say the whole alphabet in Morse Codes?

A ● -

B - ● ● ●

C - ● - ●

D - ● ●

E ●

F ● ● - ●

G - - ●

H ● ● ● ●

I ● ●

J ● - - -

K - ● -

L ● - ● ●

M - -

N - ●

O - - -

P ● - - ●

Q - - ● -

R ● - ●

# Bend and "Trash"

Bend down like you  
are picking up trash.

Throw it over your  
right shoulder first  
and then next time  
throw it over the left.

Repeat.

How fast  
can you go?



# Map Spin



Turn north,  
south, east  
and west  
on command.

Can you  
remember  
which way  
to turn?

# Half-to-Whole Drawing



Have a friend draw

$\frac{1}{2}$  a picture.

Now you draw  
the other half.

Are the two  
sides the same?

Trade places  
and try again!

# Morse Code Challenge

A ● -	B - ● ● ●	C - ● - ●	D - ● ●	E ●	F ● ● - ●
G - - ●	H ● ● ● ●	I ● ●	J ● - - -	K - ● -	L ● - ● ●
M - -	N - ●	O - - -	P ● - - ●	Q - - ● -	R ● - ●
S ● ● ●	T -	U ● ● -	V ● ● ● -	W ● - -	X - ● ● -
		Y - ● - -	Z - - - ● ●		

Here is the ultimate Morse Code challenge!  
Work with a partner and tap out your spelling words.  
You may have to write them down as you hear them.  
Can you tell what they are?

# STANDING Angels in the Snow



Move like you are making angels in the snow. Listen to the teacher tell you what to move: left arm with right leg.....both arms.....left leg and arm, etc.

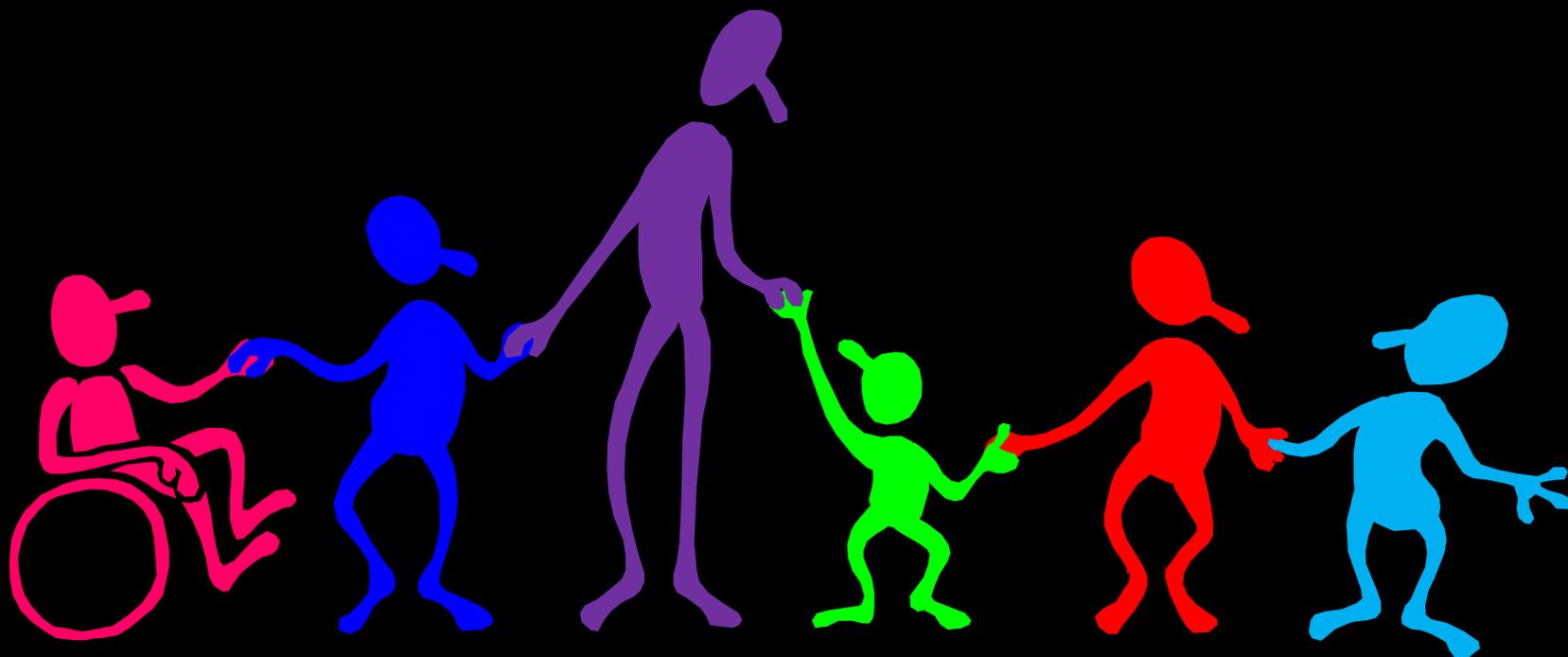
# Bunnies Hop



Hold hands with a partner and try to hop forward at exactly the same time.

Can you do it backwards?

# Do the "Wave"



Hold hands with some friends and try to do the wave with your arms.

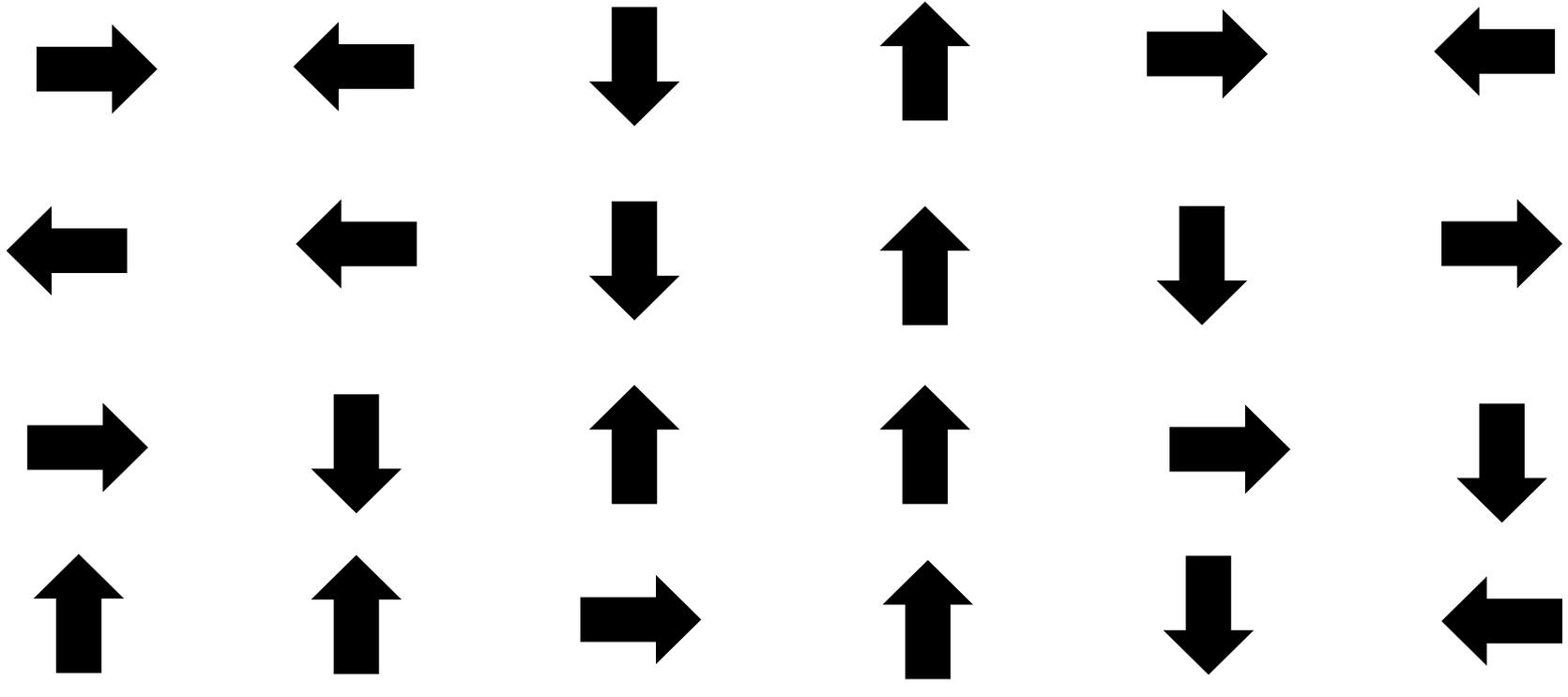
Can you do it with your feet or body?

# Twiddle-Your-Thumbs (easy)

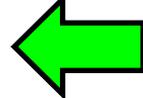


Twiddle your  
thumbs in  
one direction  
and then reverse.

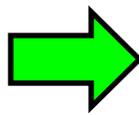
# Hand Arrows (easy)



"Read" the slide.



point left



point right



point up



point down

# Chin-Down



Try to touch  
your chin to  
your left shoulder,  
then the center  
of your chest,  
and finally, your  
right shoulder.

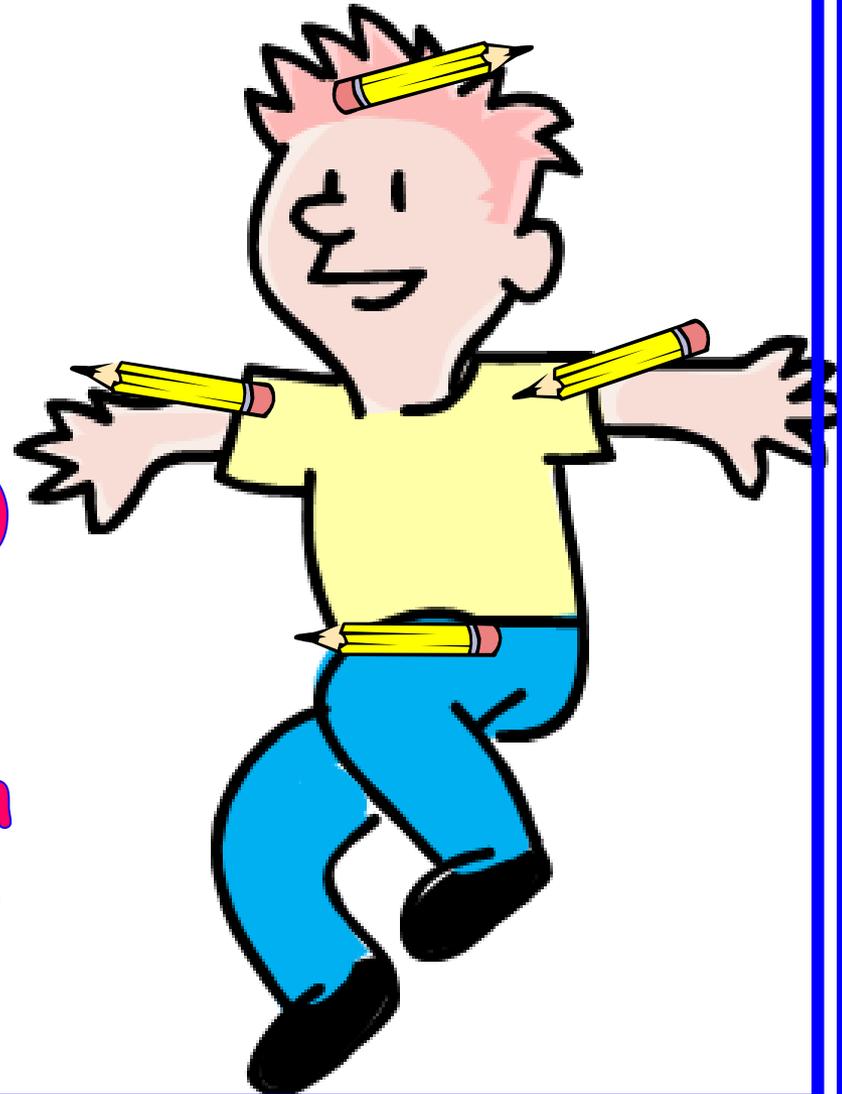
**Reverse!**

# Table Tops (challenging)

Balance a pencil on  
your own "tables"  
(elbows, shoulders,  
head, arms or knees)

\*\*\*\*\*

How many pencils can  
you balance at once?



# Hand "Letters" Tap (colored)

p	q	p	q	p
p	q	q	p	q
q	p	q	q	p
p	p	q	q	p

Example: p -right hand      q -left hand

# Moon Walk



Try to "moonwalk".

How far can you go?

How smooth  
can you walk?

# Head Slump and Stretch



Slump your shoulders  
over so your  
back curves, then  
slowly straighten up  
and finally stretch  
your arms as  
high as you can.  
Reverse then repeat.

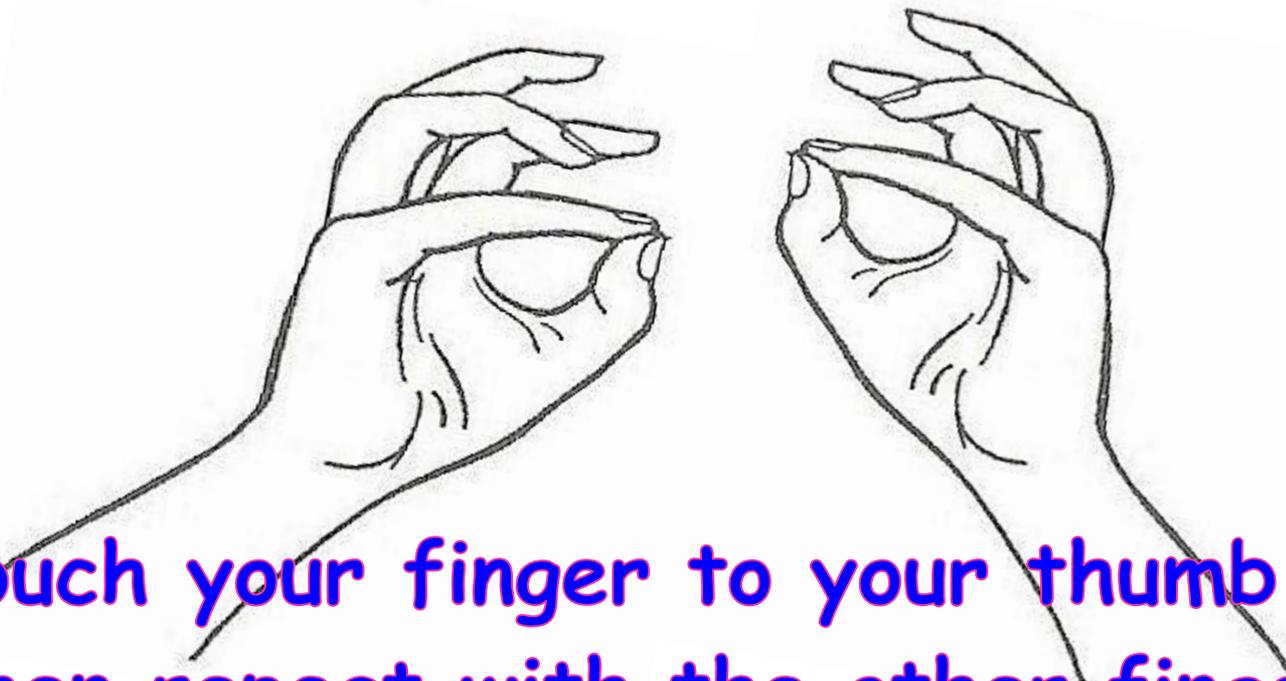
# Float your Boat (easy)



Place an eraser on  
the back of your  
hand and pretend  
it is a boat  
sailing on waves.

How far can you  
sail before you  
lose your "boat"

# Finger Tap---Double Time



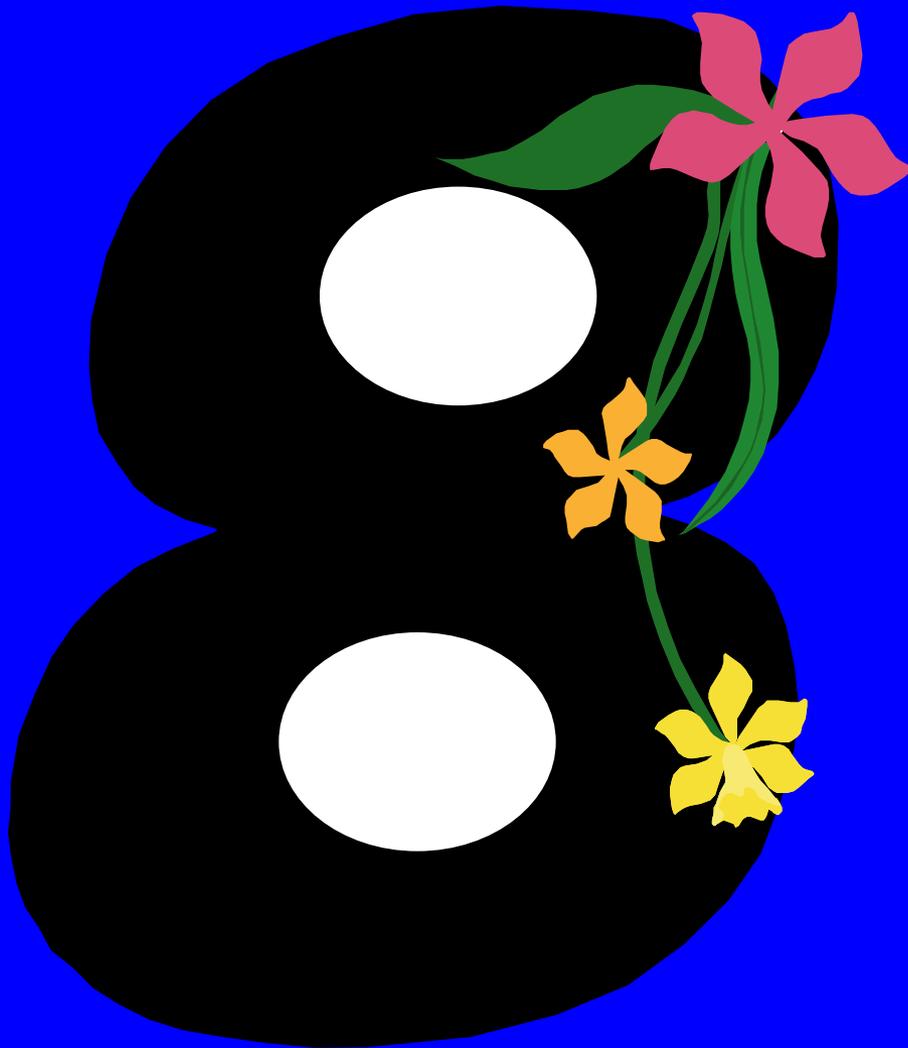
Touch your finger to your thumb and then repeat with the other fingers. Now, try to do both hands at once! How fast can you go?

# Going-on-a-Picnic (easy)



Play going on a picnic with a friend.  
One person says what they are going  
to bring and then the next person repeats  
their answer and adds another one.  
Keep adding until you forget the list!

# Figure 8



Trace a figure 8  
in the air with  
your right hand.  
Now try it with  
your left hand.

Can you go  
in reverse?

# Monkey-Spring



Jump up and down like a monkey?

Can you land so softly there is no noise?

# Hand "Letters" Tap

p	q	p	q	p
q	p	q	q	p
p	q	q	p	q
p	p	q	q	p

Example: **p** -right hand      **q** -left hand

# Skate

Pretend you  
have skates on.

Can you move  
around the room  
without picking up  
your feet?

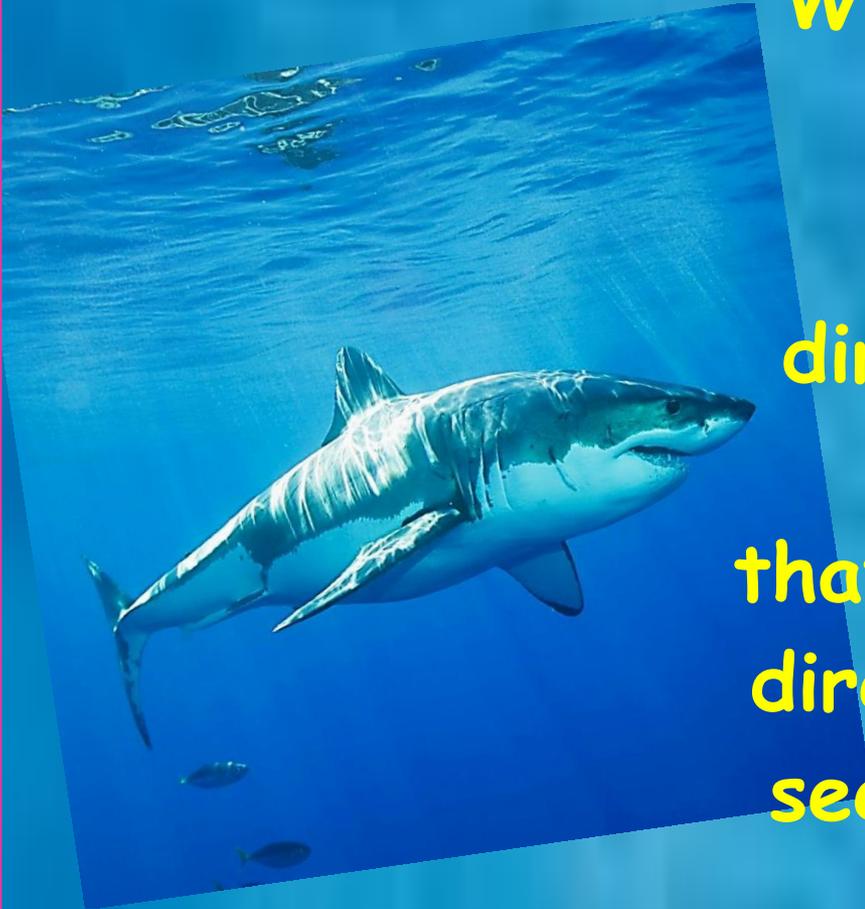


# Shark Attack

Work with a partner to  
escape the shark!

Tell your friend a  
direction to turn (left).

They will then turn  
that way and add another  
direction. Keep going and  
see how many directions  
you can remember!



# Penny Slide

Slide a penny back and forth between your thumbs.

Now repeat using each of your other fingers.

Can you do this without dropping the penny?



# Foot "Letters" Tap (colored)

d	d	b	b	d
d	b	d	b	d
d	b	b	d	b
b	d	b	b	d

Example: **b** -right foot    **d** -left foot

# Steeple



Say the  
"here is the school,  
here is the steeple"  
finger rhyme.  
Put in the people  
and then take  
out the people.

Can you put in  
only half the people?

# Seal Stretch

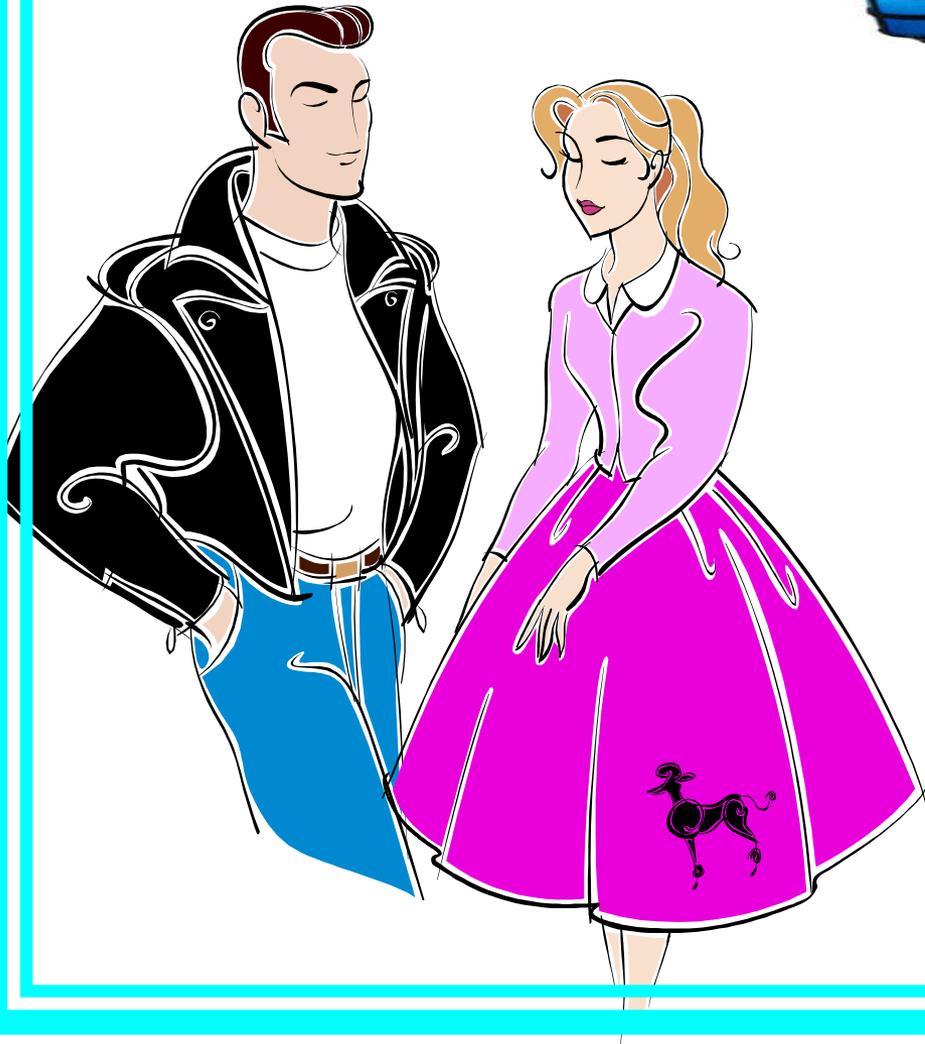


**Bend backwards like a seal.**

**Now bend backwards and twist side-to-side.**

**How far can you go and keep your balance?**

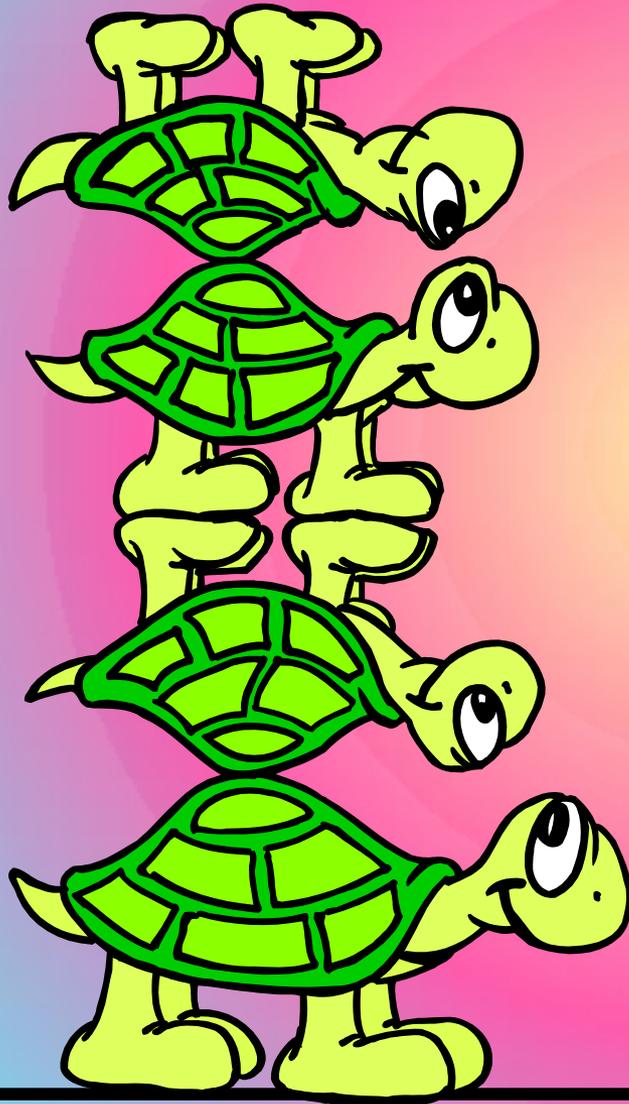
# Hand Jive



Work with your class or a partner and do the hand jive. Start with one motion and keep adding more.

How many can you remember?

# Basic Balance



Balance on two feet  
with your eyes closed.

Now try one foot,  
then the other, and  
finally, try  
different positions.

How many positions  
can you balance in?

# One Eye-One Hand

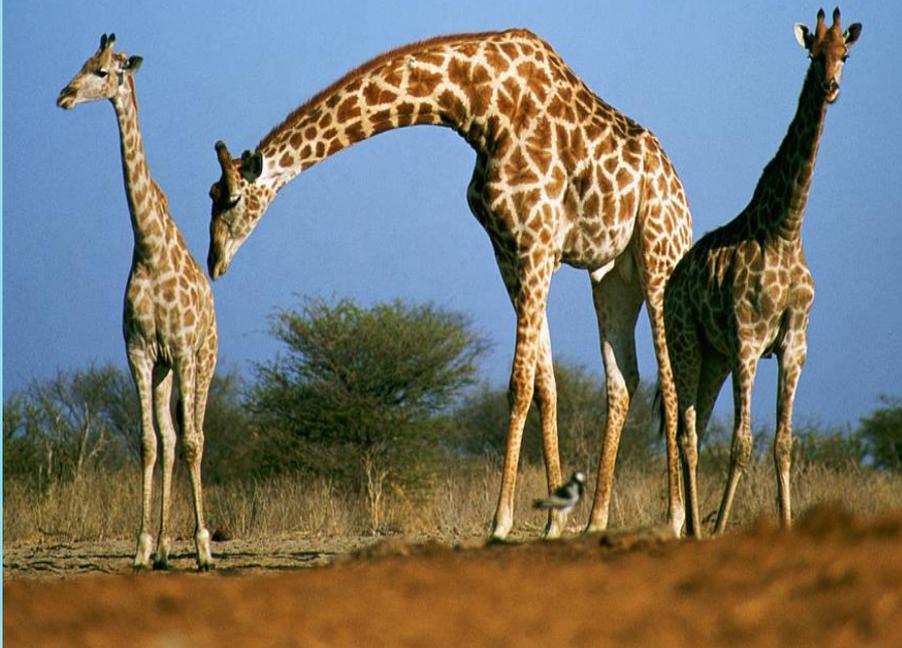


Hold your pencil in your left hand and close your right eye.

Now draw shapes or pictures.

Reverse and draw with your right hand while your left eye is closed.

# Giraffe Circles



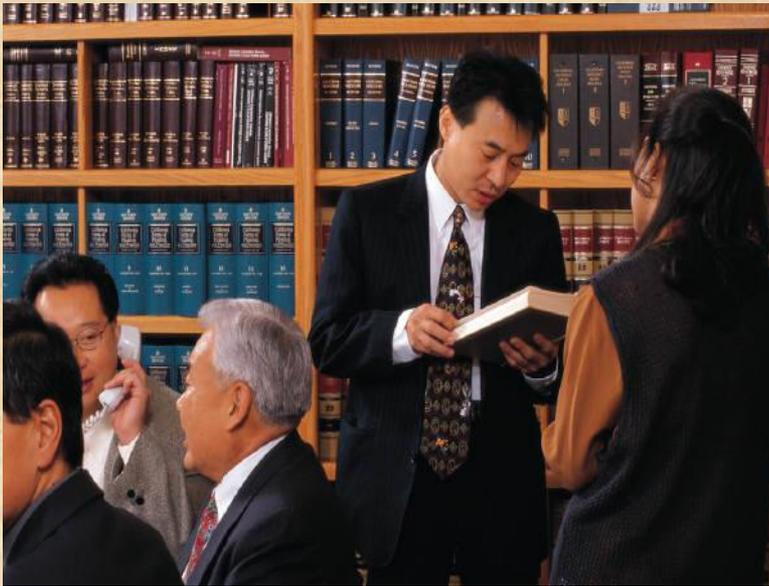
Put your chin as far down to your chest as you can. Can you keep it that far down while you circle your neck to the right? Reverse!

# Guesstimate



Walk your fingers across the desk. Now that you see how far each “step” goes, try to estimate how long things are. How close are your guesses?

# Amendment - - - It's the Law!



Work with a partner.  
Make up a "law" for  
your class. Then have  
your friend repeat it.  
They then should amend  
(change) part of it.

On your turn, give the original law, the  
amendment and then a new change! How  
many changes can you remember?

# Sailing in a Storm



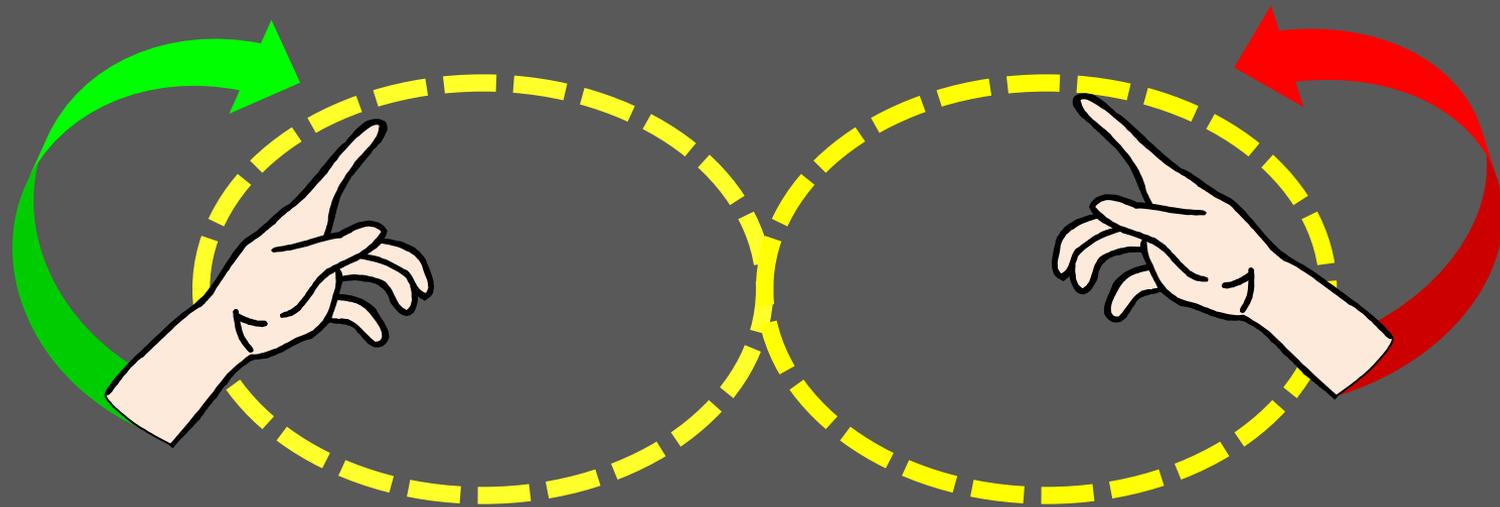
Turn north, south,  
east and west  
on command  
with your  
eyes closed  
(like a ship  
in a storm).

# Clap Along Challenge



Work with a partner.  
The leader should make up  
a clapping pattern with only  
two claps and see if  
their partner can repeat it.  
Then try 3 claps---  
then 4 and so on.  
How far did you get?  
Trade places and repeat!

## Two-Handed 8



Make a figure 8 with one of your hands.

Now try to make a figure 8 with both hands at once... one going one way and one going the other!

# Penny Toss



Balance a penny on  
a finger and then  
bend the finger and  
catch the penny

in your hand.

Try it with  
each finger.

Can you do it without  
dropping the penny?

# Elephant Ears



Try to touch your  
right ear to your  
left shoulder.

How close can  
you get to it?

Now try  
your right ear.

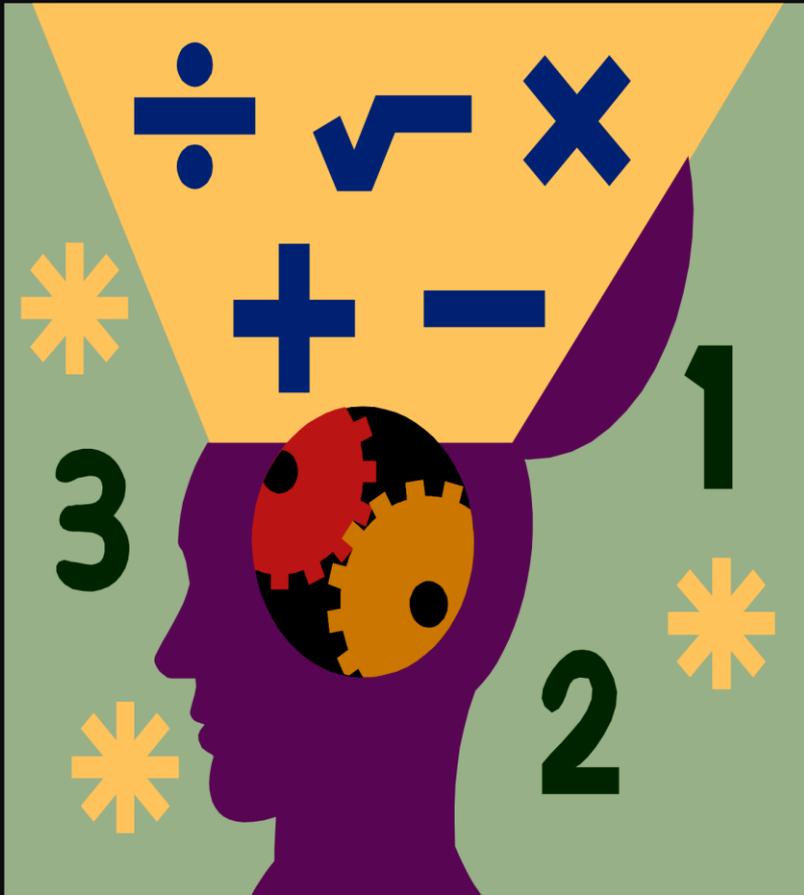
Is one easier  
than the other?

# Foot "Letters" Tap

d	b	b	d	b
d	b	d	b	d
d	d	b	b	d
b	d	b	b	d

Example: **b** -right foot      **d** -left foot

# Mental Math



Work with a friend and either count (by 1's, 2's, etc.) or answer problems (+, -,  $\times$  or  $\div$ ). For example,  $(1+2-1+4-2)$ . Can you do the problems in your head?

# Stand Alone



Try spreading your fingers so each finger stands alone. Start with your thumb and work to your pinky and then reverse and work back again!.

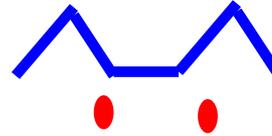
# Tell & Draw Story (medium)



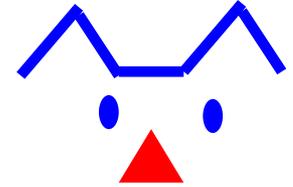
Mary left her house to look for her cat.



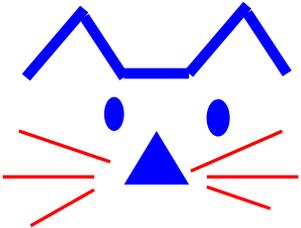
Not there! So she went next door to look.



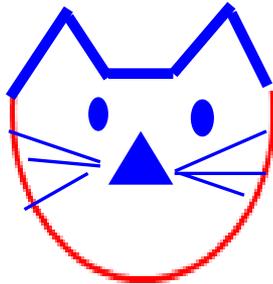
Not there! So she looked around two trees...



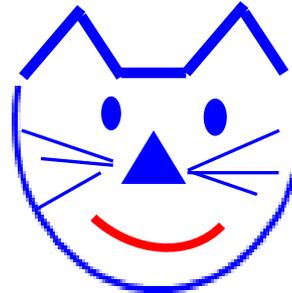
...and then in her clubhouse.



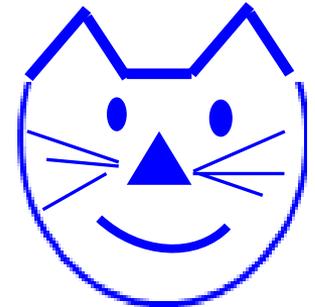
So she yelled for her cat...



...and then ran around both yards...



...and finally smiled big!



She had finally found her cat!

Here is another story for you to learn.  
Practice Telling & Drawing it with a partner!

# Reverse Hand Fold

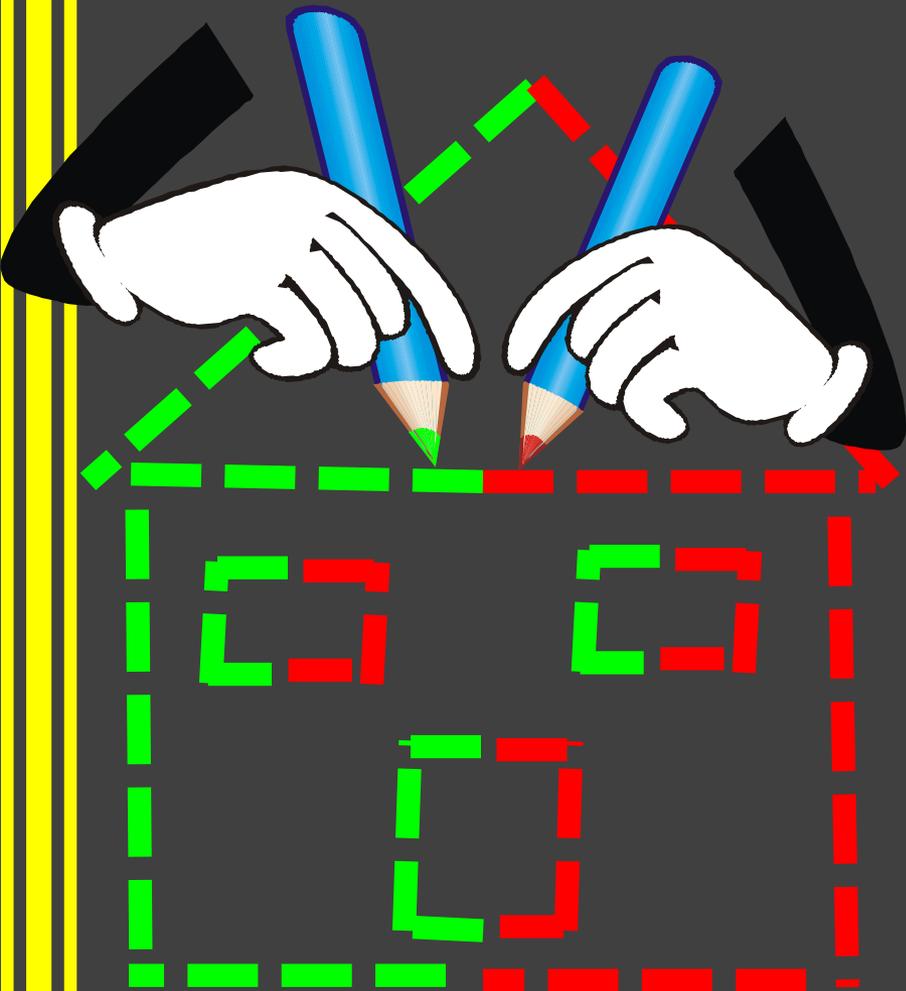
Fold your hands and notice which finger you have on top.

Can you fold your hands so the other finger is on top?

How fast can you switch back and forth between the two folds?



# Two-Handed Drawing



Hold a pencil in each hand and draw a picture. Your right hand should draw the right side and your left hand the left side.

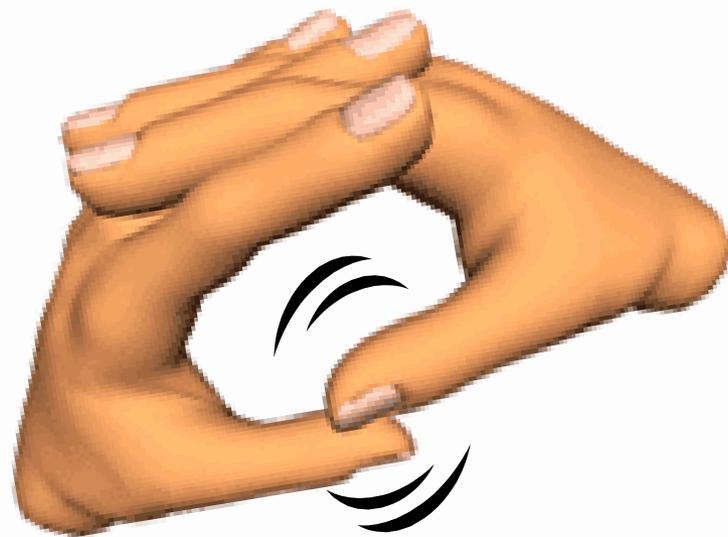
Can you use your hands together?

# Twiddle-Your-Thumbs (challenging)

Twiddle your thumbs  
then reverse.

\*\*\*\*\*

Now try twiddling  
your other fingers!  
Can you reverse them?



# Hand Shadows (medium)



**Coyote**



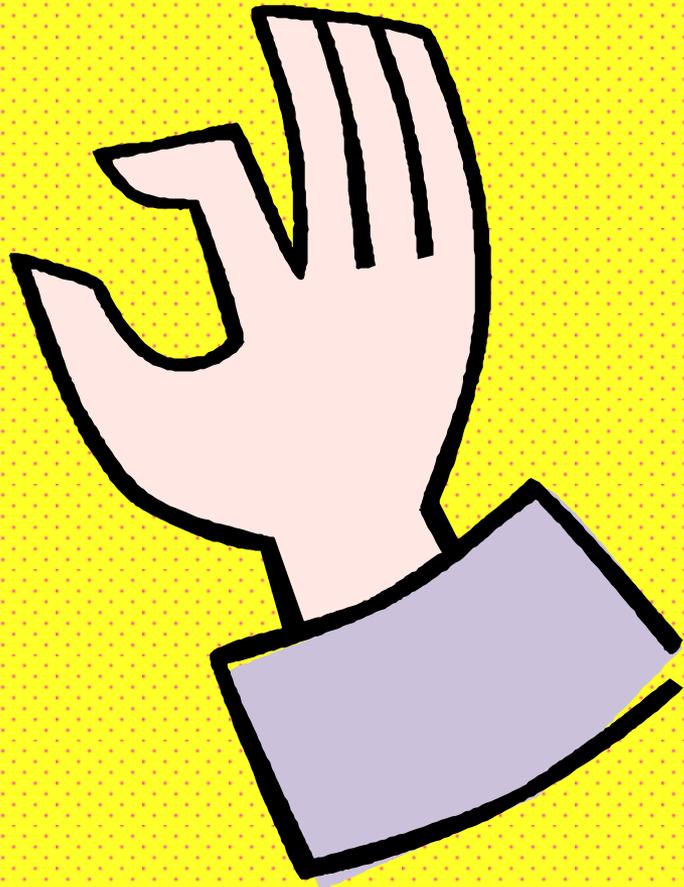
**Wolf**



**Pig**

These hand shadows are a bit more difficult.  
Try them!

# Half-a-Hand Fold



Fold your hands.  
Now do it again,  
but this time try  
to only fold one hand  
and leave the  
fingers on the  
other hand straight.  
Can you go back and  
forth between hands?

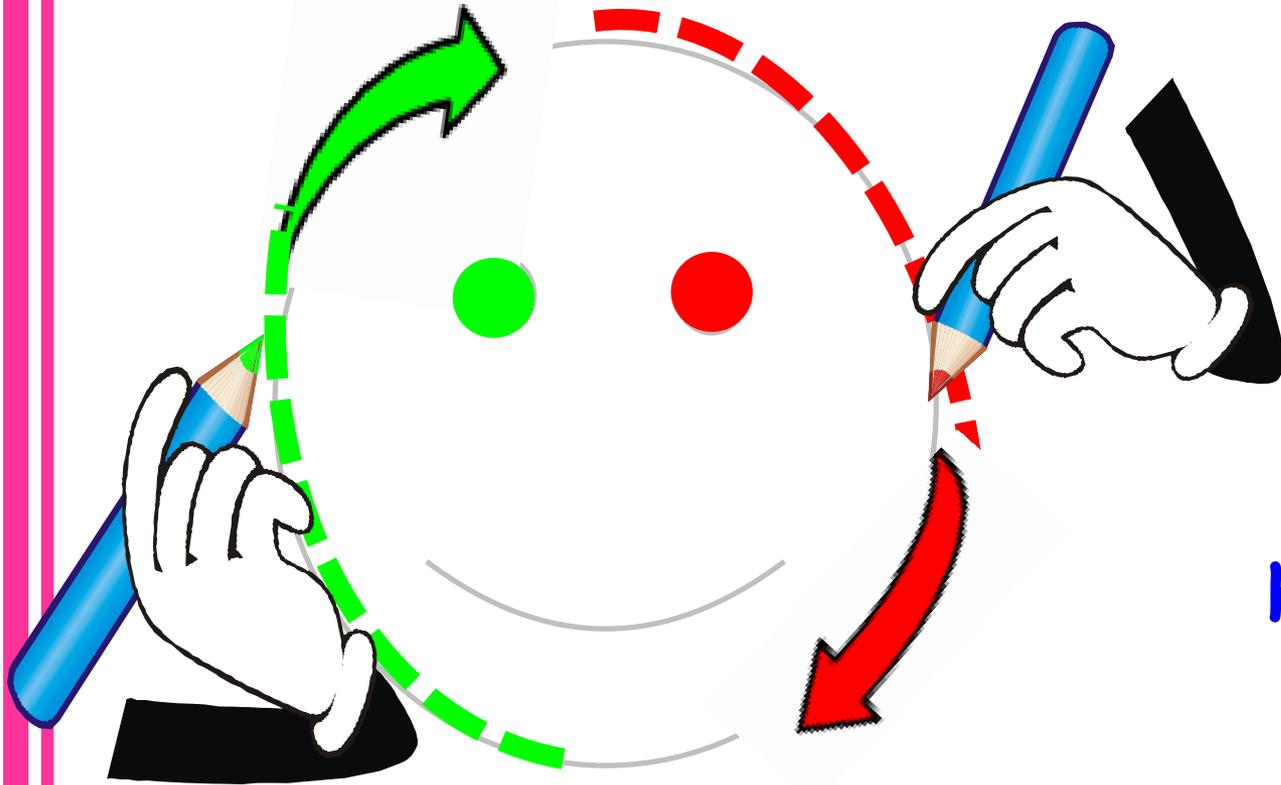
# Hot and Cold (challenging)



Play "Hot and Cold" again, but this time use words like "turn right", "turn left" or "go north", "south" etc. You decide how you want to play, just make it challenging!

When your partner guesses correctly, trade places and try again...

# Opposite Lines



Draw a picture that has two sides just the same. When you draw, always have your two hands going in opposite directions.

# Speed Skater



Fold your hands behind you back and slide one foot up at a time.

How far can you lean without falling?

Now try the other leg.

Can you go back and forth smoothly?

# Side Vision (easy)



Hold your hands out to your side. How far can you see around you without turning your head?

Take a rest and try again. Can you make your "side vision" any larger?

# One-at-a-Time Hand Fold



Put your hands together  
with your palms flat.

Now fold your hands  
one finger at a time.

Now reverse and  
try to open them  
one finger at a time.

Which is your hardest  
finger to control?

# Foot & Hand Letters (colored)

p

q

p

q

p

d

d

b

b

d

b

d

p

q

d

p

p

d

b

d

# Monkey Dance



Work with a partner.  
First you give  
one dance step and  
then your partner  
repeats your step and  
adds one of their own.  
Then you repeat  
both steps  
and add another.  
How long can you go?

# Finger Tap



Listen to some music and tap dance your fingers. Try moving fingers alone and then together...

Try doing one hand alone and then both hands.

How complex can you make your dance?

Can you teach your dance to someone else?

# Going-on-a-Picnic (alphabet)



The first person names something they are bringing that begins with the letter A (apple), then the next person repeats that item and adds something that begins with B (baseball). How far can you make it through the alphabet?

# Owl Eyes



Sit with your head completely still and move your eyes all the way to the right and then all the way to the left.

Stop when your eyes get tired. How many times could you do this?

# Pair-at-a-Time Hands



Fold your hands one set of fingers at a time. Start with the thumbs on your right and left hand and work all the way to your pinkies. Then reverse and open them the same way!

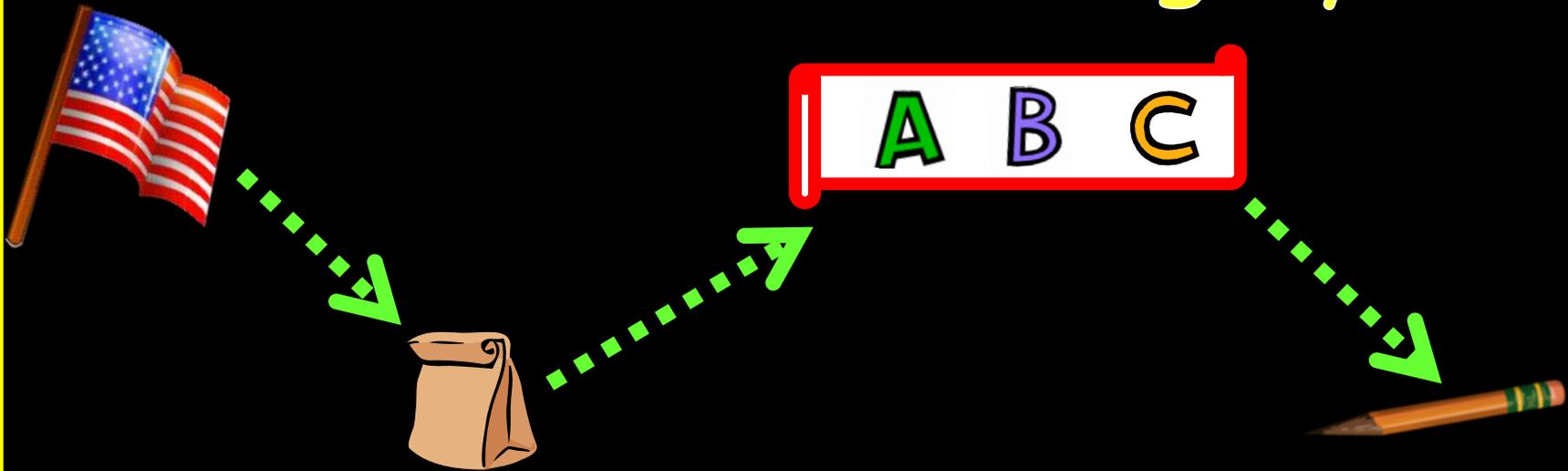
# Bend and Stretch



Put both of your  
hands up  
in front of you.  
Try to bend down  
one finger at a time.

Which of your  
fingers is the most  
difficult to control?

# Follow the Bouncing Eye



Look at an object that is high up on the left side of the room and then move your eyes a bit to the right and find something near the floor.

Keep going up and down across the room and then reverse and come back.

Repeat only if your eyes are not too tired!

# One Eye-One Hand (advanced)

Close your left eye and hold a pencil in your right hand. Try to write letters or words. Now reverse and close your right eye and draw or write with your left hand. Which is easier for you?

Close  
this eye!



# Draw Your Face



Slowly and gently  
draw around the  
features of  
your face with your  
fingers. First use  
a "brush stroke",  
then use a  
little pressure.  
Repeat and end with  
the brush stoke.

# Crossed-Eye Pushups



Using your right index finger move it around your left eye and try to focus both your eyes on your fingertip.

(your eyes will cross when you are on the inside of your eye near your nose...)

Repeat with your left hand and right eye.

# Color Mix-Up

red

blue

green

white

yellow

red

red

blue

green

black

purple

blue

yellow

blue

white

pink

blue

pink

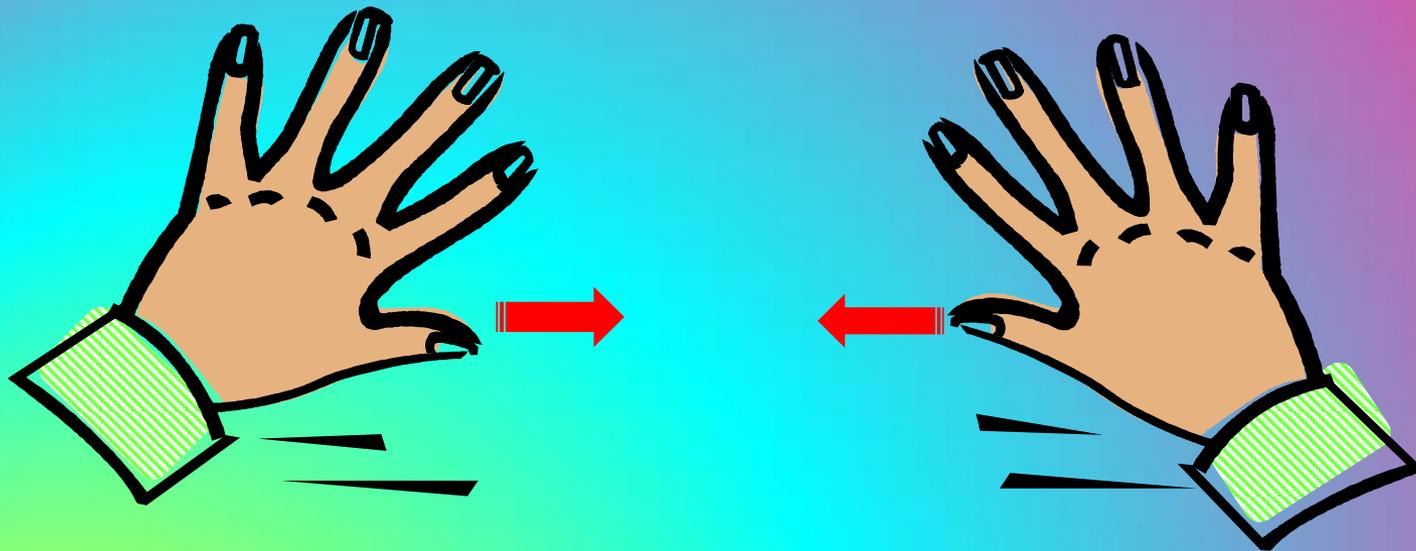
Read through this slide with a partner. First read the word and next time read the color. How fast can you go with each version?

# Tangled Hands



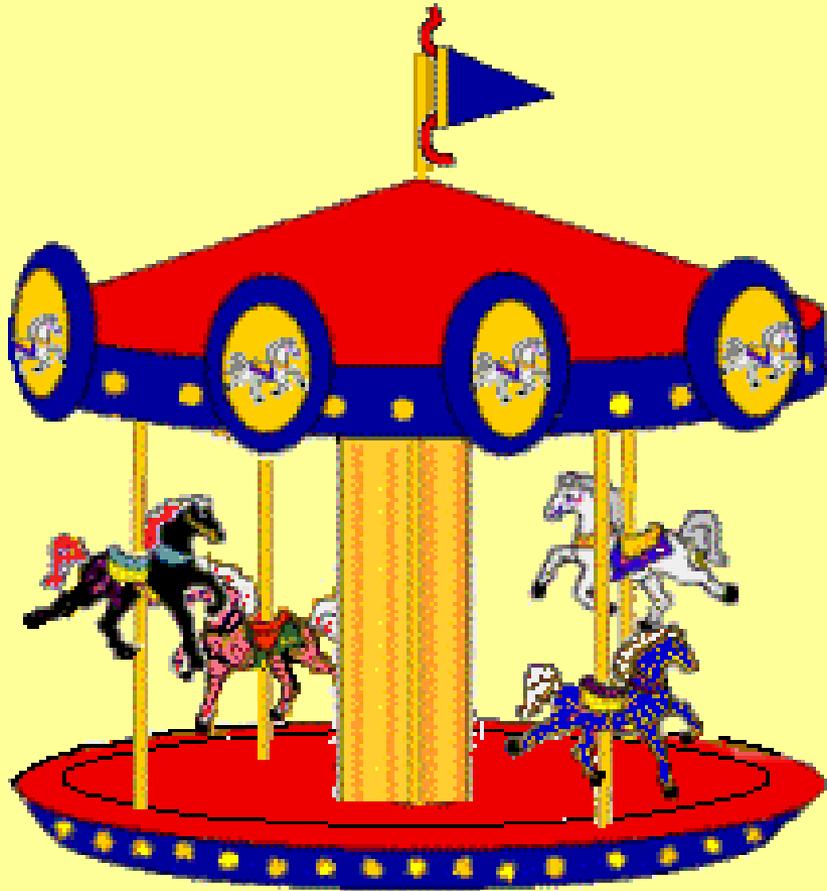
Place one hand over the other and pretend that they are glued together. Now move both your hands together to different body parts (leg, right foot..). Can you do this without letting your hands come apart? Now try it with the other hand on top!

# Slide-----Your Safe!



Place both hands flat on a desk.  
Try to slide your thumbs towards each other  
and get them as close as possible without  
touching. How close can you go? Now try  
it again with each of your other fingers!

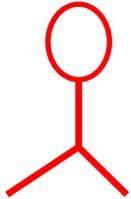
# Eye-Go-Round



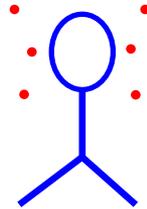
Try to circle your eyes  
turn the right 5 times  
...then after a  
short rest, try it  
to the left 5 times.

Repeat only  
if your eyes  
aren't too tired!

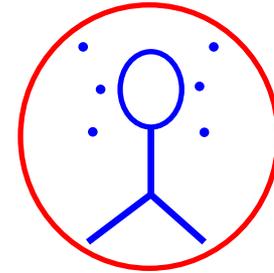
# Tell & Draw Story (hardest)



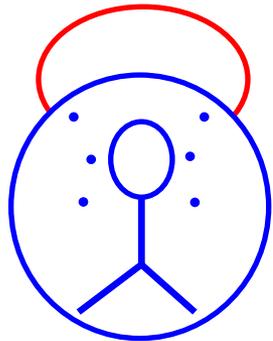
Once a boy  
went for a walk...



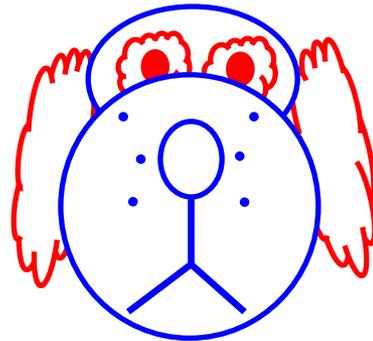
..and was  
attacked by bees!



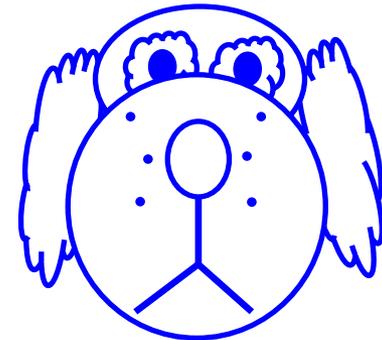
To get away, he ran and  
jumped in a lake



He ran so far that  
he was lost until  
the sun rose...



..and so hungry all he  
could dream about was  
bacon and eggs.



Finally he was found and  
went home for breakfast!  
Who found the boy?

Here is a challenging story. Can you learn this one?

# I Don't Care



Raise your  
shoulders as  
close to your ears  
as you can.  
Then, reverse and  
push them down  
as far  
as you can.  
Repeat.

# Circle-Pass



Tear yourself a circle from some scrap paper (about the size of a half-dollar).

Can you hold it between your two index fingers and pass it all the way down to your pinky?

Can you come back?

# Side Vision Challenge

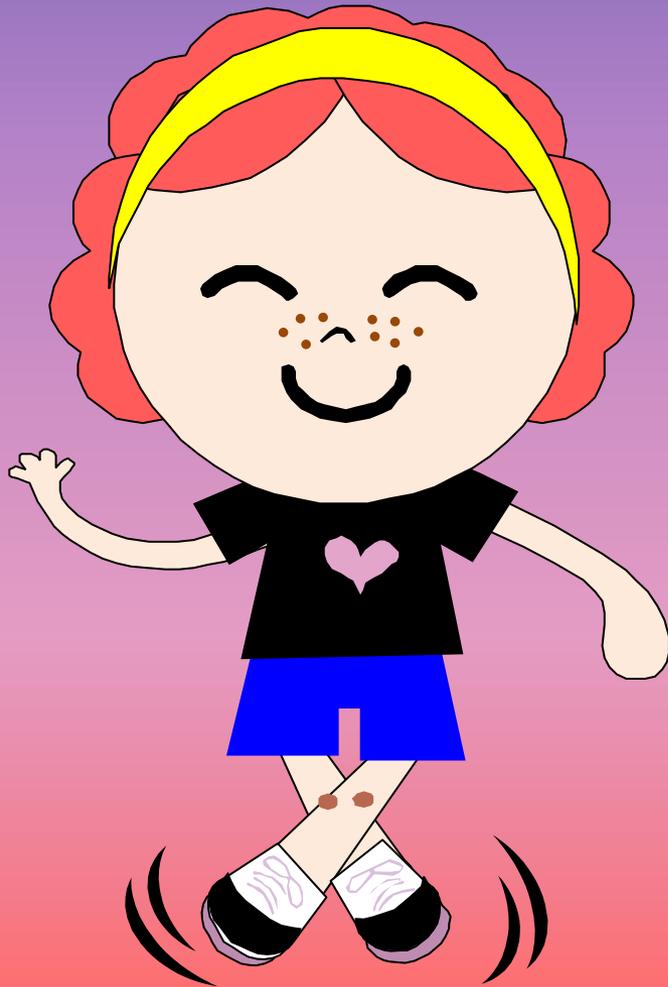


Now that you know about side vision, try to see objects all the way to your side.

Have a partner hold something up on the edge of your side vision.

Can you tell what they are holding?

# Math Magic (challenging)



Count or work  
simple math problems  
someone gives you  
while you jump up  
and cross your legs  
one way and then jump  
and cross them  
the other way.

Can you keep from  
making a mistake?

# Shoulder Circles



Raise your  
shoulders and  
make as big of  
circles as you can.  
Then, reverse  
and make circles  
the other direction.  
Repeat.

# Foot & Hand Letters

p

q

p

q

p

d

d

b

b

d

b

d

p

q

d

p

p

d

b

d

# Chin Slump and Stretch



Slump your shoulders over so your back curves and try to touch your chin to each shoulder and then the center of your chest.

Move slowly if you feel tight.

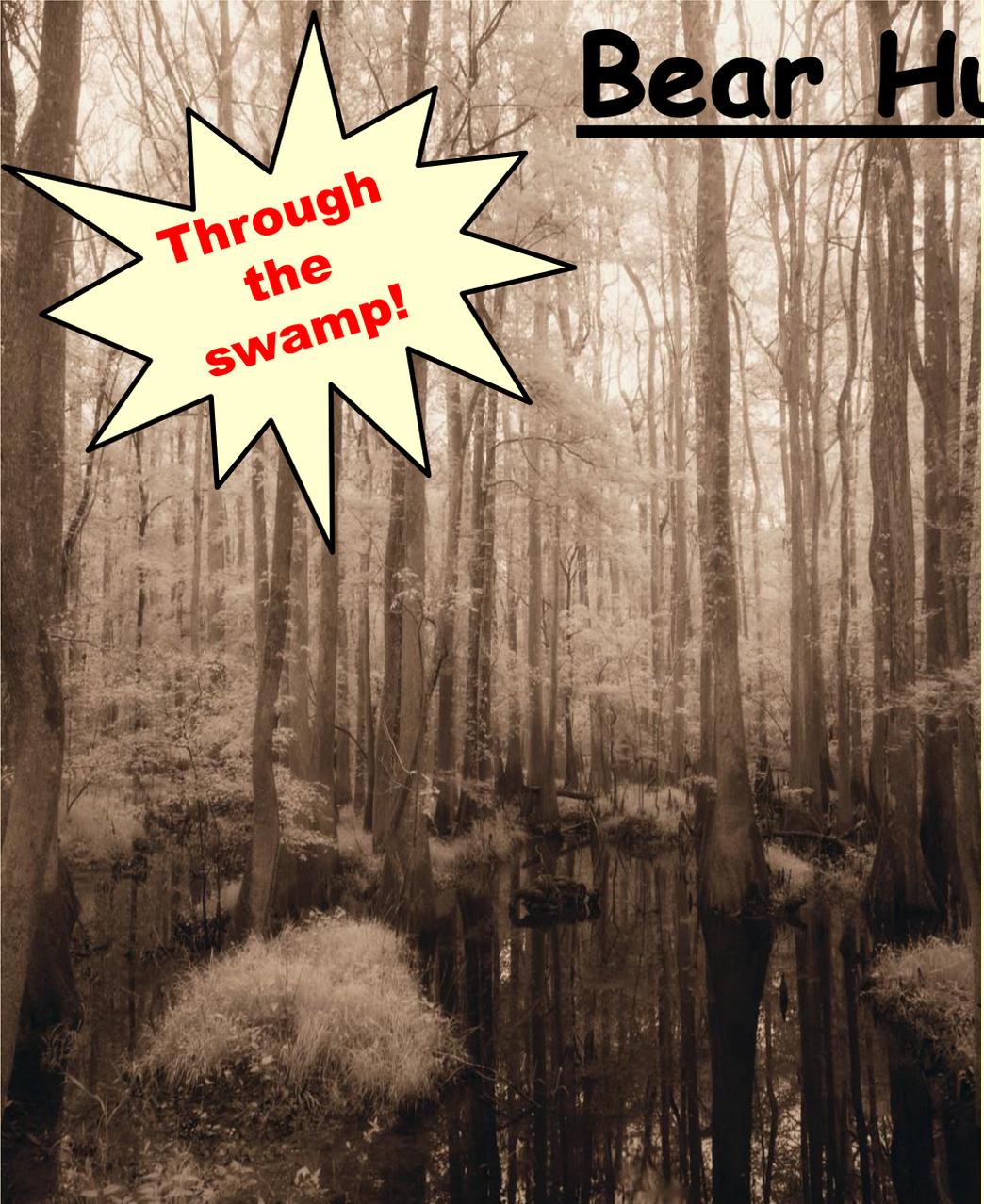
Repeat and then finish with a stretch.

# Float your Boat (challenging)



Place a pencil on the back of your hand and pretend it is a boat sailing on waves.

How far can you sail before you lose your "boat"



# Bear Hunt

Through  
the  
swamp!

Play "Going on a Bear Hunt" with your class or a friend. Make up places you are going to go and the hand motions that go with it. Can you reverse and come back?

# Follow the Bouncing Eraser



Have a friend stand in front of you and move an eraser slowly from right to left and up and down. Follow with your eyes and do not move your head!

Switch places and try again!

# Toe Control



Try to lift your  
two big toes and then  
your two little toes.

Can you go back  
and forth smoothly?

Leaning against a desk  
or sitting down makes  
this easier!

# Paper Crunch



Using one hand  
at a time, crunch up  
a  $\frac{1}{2}$  sheet of paper.

\*\*\*\*

Now, can you  
smooth it out  
with only one hand?

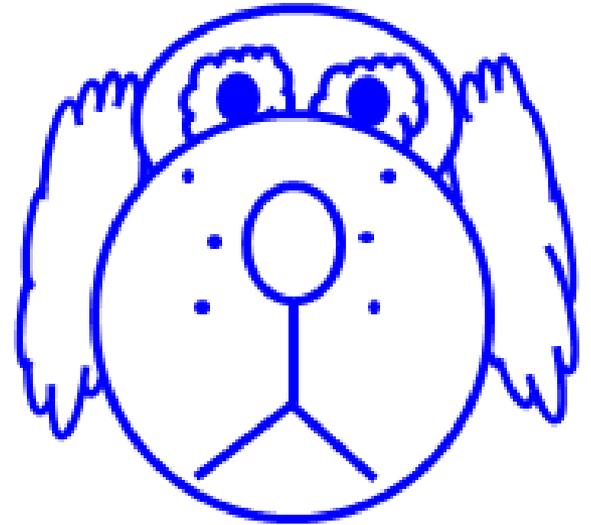
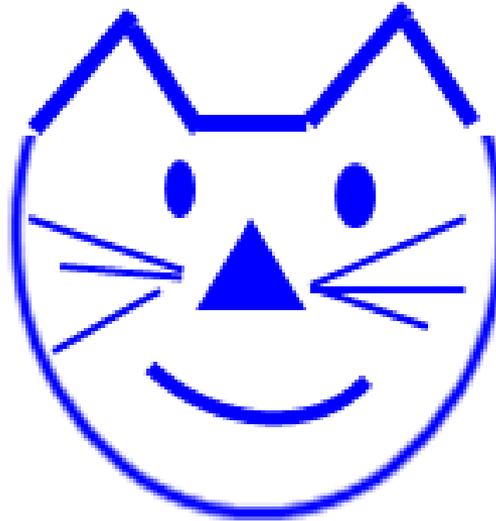
Now try with  
the other hand!

# Clock Challenge



Pretend you are a clock and move your hands around your whole body. Listen for a friend or your teacher to give you a time to show with your hands. Can you do it?

# Tell & Draw Story Challenge



Now that you know how Tell & Draw stories are made, can you make one of your own? It is easiest to start with a picture and then make the story!

# Paper Balance



Fold a piece of paper  
in half and balance it  
on your thumbs.

Move the paper to  
the next two fingers.

Keep going  
to your pinkie and  
then come back!

# Touch the Ground



Bend over and move your hands from one side around to the other. If you can touch the floor, try "walking" your hands.

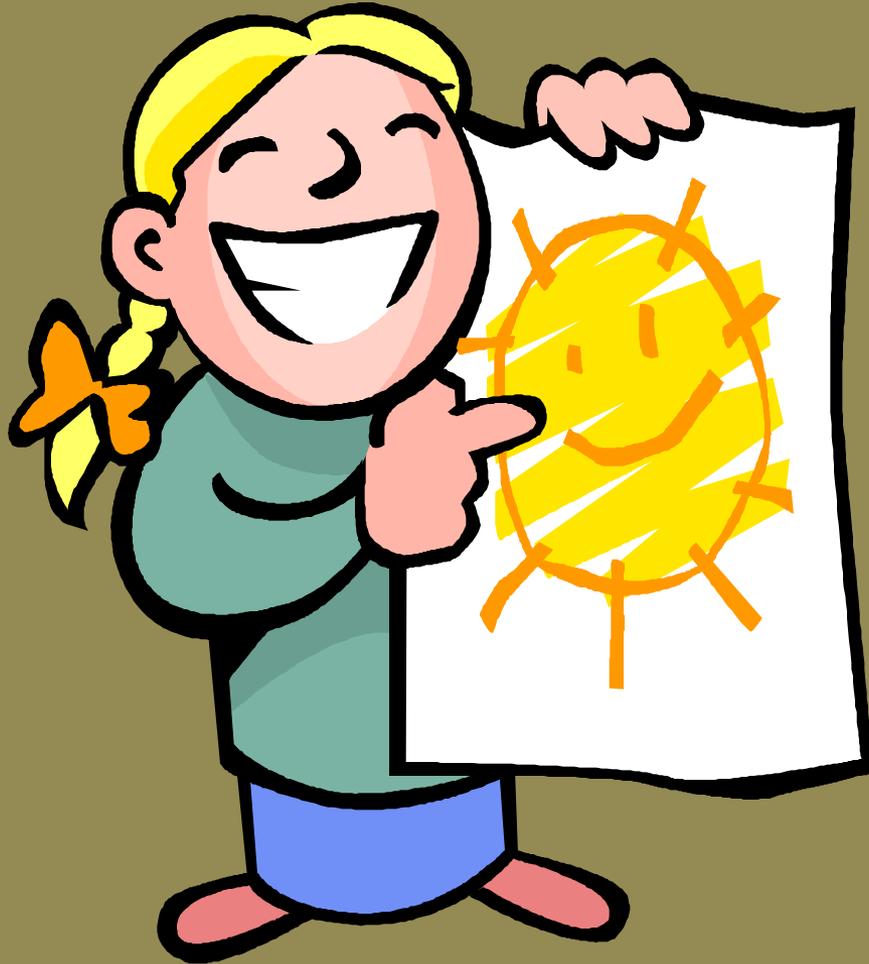
How far can you twist around without forcing your muscles?

# Chin Jump



Sit down at a desk or table and lay your chin on your hand. Slowly jump it up your arm (do not force muscles!) and around to your chest. Now try sliding it. Reverse and then try the other arm!

# Direction Challenge



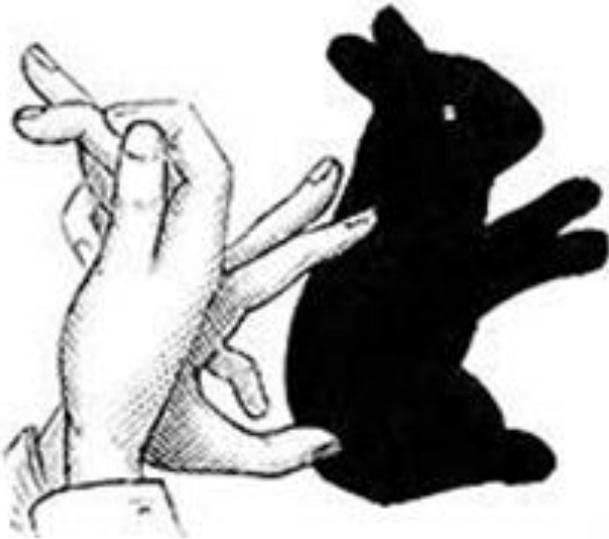
Work with a partner and direct them to draw exactly what you tell them. How good were your directions? Did they draw what you hoped? Now trade places and you draw!

# Clap Along Challenge



Work with a partner.  
The leader should make up  
a clapping pattern with only  
two claps and see if  
their partner can repeat it.  
Then try 3 claps---  
then 4 and so on.  
How far did you get?  
Trade places and repeat!

# Hand Shadows (challenging)



**Rabbit**

**Goat**



**Teddy  
Bear**

Here are the most difficult shadows. Can you do them?

# I Spy (challenging)

*left...*

*It's gigantic!*



*Begins with the letter "B"*

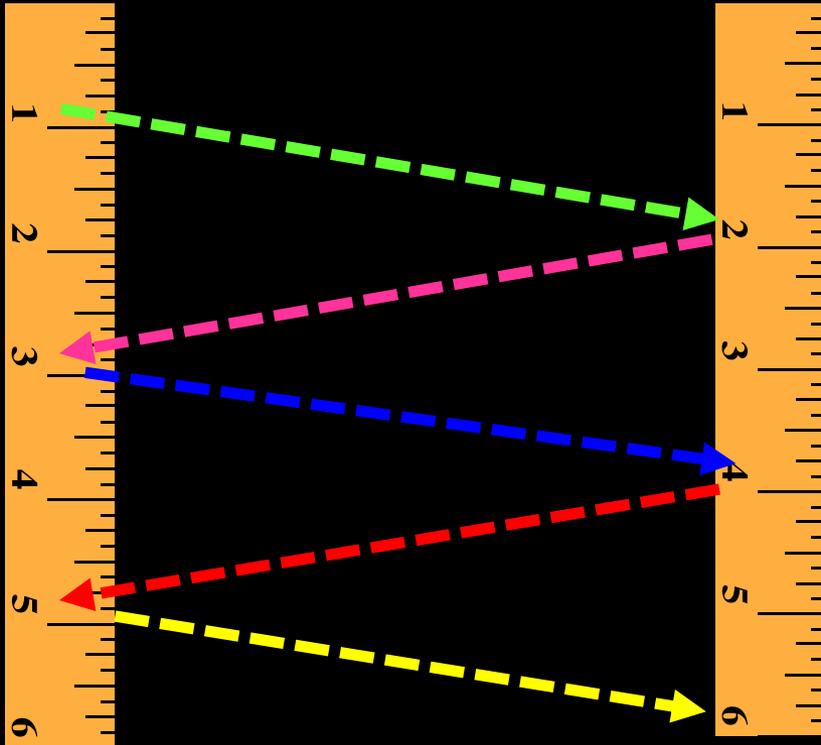
Play "I Spy" with a partner but this time use clues other than color. You can use the size, type of item, the first letter in its name, etc. Tell your partner what they are looking for and let the fun begin! Make sure to trade places so everyone gets a turn picking an item...

# Fancy Footwork Challenge



Work with a partner.  
The leader should make up  
a foot pattern with only two  
steps and see if their partner  
can repeat it. Then try 3  
steps---then 4 and so on.  
Make sure to be creative!  
How many steps could you  
remember? Now trade  
places and try again!

# Side Vision Challenge



Work with a friend and borrow their ruler so you have two. Hold up a ruler in each hand. Try to read the numbers going back and forth as you go down the ruler. Now, can you reverse and go back up?

# I Know What I Am



Think of an animal  
in the zoo, farm,  
woods or a house.  
Have your partner  
ask you "yes" or  
"no" questions to  
guess your animal.  
Could they  
figure it out?  
Now trade places  
and try again...



# Happy, Happy, Happy!



Close your eyes  
and remember  
something very,  
very, happy.  
Try to "walk"  
through the whole  
memory from  
beginning to end.

What did  
you remember?

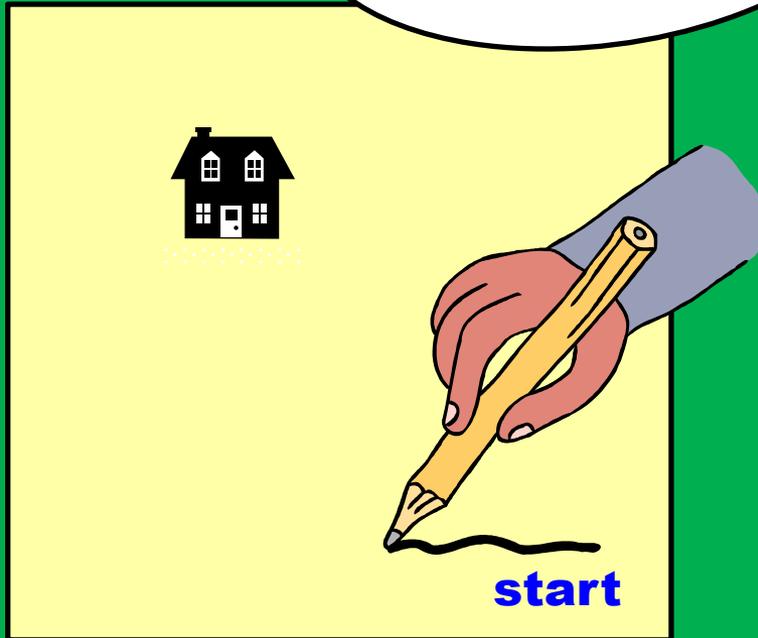
# Going-to-the-Zoo (alphabet)



The first person names  
one animal they are  
going to see (1 monkey)  
and the next person  
repeats it and adds  
the next number  
(2 tigers). Keep adding  
as long as you can!  
What number  
did you reach?

# I Want To Go Home!

- 
1. Go left
  2. Turn right
  3. Turn left again



Work with a partner. Write the word start on one side of a piece of paper and draw a house on other side. Have your friend close their eyes and then give them 3 directions at once. Keep going until they reach "home".

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