

Brain Brighteners

How do you know when you need to use a brain brightener?

1. Students are getting whiplash from all the headsnaps.
2. Students' eyes have rolled so far back they can see the person behind them.
3. You have repeated the same sentence three times and nobody has noticed, not even yourself.
4. You can't write on the paper anymore because it's so wet from drool.
5. You hear a monotonous droning and realize it's you.

Super-quick, sometimes silly, activity to wake up your mind. Typically no prep and no/minimal materials.

Gee-ometry

- 1) Have students stand at their seat.
- 2) Have students draw a square in the air at shoulder height in front of themselves with their left hand.
- 3) Have students draw a circle in the air at shoulder height in front of themselves with their right hand.
- 4) Go back and forth a few times.
- 5) Have them draw the shapes at the same time.

Variations:

- Draw different shapes: triangle, rectangle, infinity loop.
- Draw a shape with one hand while writing the first letter of their first name with the other.

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