

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.

Got your nose

- 1) Have students stand at their seat.
- 2) At the same time, students will touch/grab their nose with their left hand while touching/grabbing their left earlobe with their right hand.
- 3) Switch hands so that students touch/grab their nose with their right hand while touching/grabbing their right earlobe with their left hand.
- 4) Repeat a few times.

Variations:

- When switching, skip count or spell a word.
- Do it with eyes closed.
- Change where your fingers touch: shoulder, elbow, chin, knee, eyebrow, etc. Try to always cross the midline with at least one of the moves.

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