

# Brain Brighteners

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

1. Students are getting whiplash from all the headsaps.
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.**

## Lazy Eight

- 1) Have students stand at their seat.
- 2) Draw an infinity loop on the board (an eight on its side).
- 3) Have students point their index fingers forward, holding them about shoulder width apart.
- 4) With the right finger, have students trace the loop in front of their body so that the far end of the loop is near their left finger. Repeat a few times until it is fluid.
- 5) With the left finger, have students trace the loop in front of their body so that the far end of the loop is near their right finger. Repeat a few times until it is fluid.
- 6) Trace the loop with both fingers at the same time, starting with your fingers

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