

# 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.**

## Toe Tapping

- 1) Have students stand and pair up, facing one another.
- 2) Students stand on their right foot while moving their left foot forward toward the other.
- 3) Students gently touch the insides (instep) of their left feet together.
- 4) Switch feet to be standing on left and tapping right.
- 5) Repeat to a count of 10. (five taps per foot)

### Variations:

- When switching, skip count or spell a word.
- Do it with eyes closed.
- Stand facing out, backs toward each other, and tap insteps or heels with each other.

9.9.19