

Classroom Activities



Favorites

Suggested Levels: 8-12

Time: Less than 5 minutes

Foundation: Hand/Eye Coordination

Equipment: None needed

Objective: Promotes movement to refocus the brain while practicing key foundations.

Description: Provide the class with a topic (see ideas below or create your own). Have students walk around and talk to three different students about a “favorite,” making sure they also know the name of the person. Student must high five one another before moving on to the next person. When time is up, have students share what they learned out loud with the rest of the class.

Tip- Each time you do this activity in the class, use a different topic.

Topic Ideas:

Favorite school subject
Favorite vegetable
Favorite hobby
Favorite animal
Favorite movie
Favorite sport
Favorite cafeteria menu item
Favorite type of car
Favorite book
Favorite vacation destination
Favorite holiday

Source: Modified from <https://carriewisehart.com/2015/01/09/teachupsidedown-50-brain-breaks-to-engage-students-in-the-classroom/>