

Classroom Activities



Mingle, Mingle, Group!

Suggested Levels: 8-12

Time: Less than 5 minutes

Foundation: Cardio

Equipment: none needed

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

Description: Students walk around the room, quietly saying “mingle, mingle, mingle” until the teacher announces a number (ex. Make a group of 5). The students must quickly group themselves into groups with the correct number of people. Once the group is formed, they must quickly sit down on the floor. Students that are left over (not in a group) must do a quick exercise (ex. 5 jumping jacks). The next round begins with everyone walking around saying “mingle, mingle, mingle.” This time the teacher calls out a different number. The game continues for a desired amount of time.

Source: Modified from <http://minds-in-bloom.com/20-three-minute-brain-breaks/>