

Classroom Activities



Keep It Up!

Suggested Levels: 8-12

Time: Less than 5 minutes

Foundation: Hand/eye Coordination

Equipment: 1-3 beach balls

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

Description: Have students stand beside their desks. Teacher starts by tossing a beach ball into the air. Students must keep the beach ball from hitting the ground. Use 2 or 3 balls for extra fun!

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