

Classroom Activities



Line Up!

Suggested Levels: 8-12

Time: Less than 5 minutes

Foundation: Proprioception

Equipment: none needed

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

Description: Have students line up in order using a specific criteria, such as birthday, height, alphabetically by middle initial, hair length, etc. Students must hop, not walk, throughout the challenge. To make it more challenging, instruct them to complete this task without speaking.

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