



Strong Brain Activities

Starter Set

Information About Strong Brain Exercises

- These activities are meant to strengthen synapses in the brain which leads to better learning and behavior outcomes.
- They are fun to do and very quick. They are also meant to challenge the brain, so it is the attempt to do the activity that is important (not if you can do it perfectly or not)
- Please try and do the activities several times a day!

The background features a complex collage of physics-related content. On the left, there are various mathematical formulas and diagrams, including a graph of position vs. time, a pendulum diagram, and several equations for motion and forces. In the center, there is a large, intricate, multi-colored pattern of swirling lines and dots, resembling a fractal or a complex geometric design. On the right side, there are colorful splatters and dots in shades of yellow, green, red, and blue. The overall aesthetic is that of a physics-themed artistic composition.

I Bet You Can't Do This

I Bet You Can't Do This

- Attempt each of the following one at a time for 10-20 seconds
 1. Put your arm out in front of you with your index finger extended. Try to rotate your wrist in one direction while you try to rotate your index finger in the opposite direction.
 2. Roll your neck in one direction while at the same time moving your tongue around the inside of your lips in the opposite direction.
 3. While spinning your right foot in a clockwise direction, take your right hand index finger and draw the number 6 in the air.

Flip Out



Flip Out

- You can use pens and markers with the caps on securely, straws, toilet paper or paper towel rolls, etc.
- Grab the one of the objects from above in one hand. Flip it in the air and catch it with that same hand. Do this 5 times, then switch hands.
- Now grab two similar objects from above. Hold one in each hand. Flip both in the air at the same time and try and catch both.



Balance, Balance, Balance

Strong Brain Activity #3

Balance, Balance, Balance

- Our ability to balance is more important than most people think. Being able to balance takes several important areas of our brain working together at the same time. The better our balance the stronger these areas become. The areas of the brain that deal with balance also help with learning and emotional regulation.

Balance Activity:

- Stand up straight with your arms by your side, count backwards from 10, then bend your right leg at the knee lifting your foot off the ground. Try and balance on one foot without touching anything to regain your balance. Do this 3 times, then switch legs.

Lazy 8

You will be making a lazy eight in the air with your index fingers.

Preparation: Draw a Lazy Eight or an Infinity sign on the board like the one shown.

1. Stand Up.
2. Put your hands out in front of you about 12 inches apart with your index fingers pointing straight forward.
3. Imagine a large lazy eight between your index fingers. With your right finger trace the outline of the lazy eight. Practice this by making three rotations.
4. Now put both fingers back out at 12 inches apart. You will trace the lazy eight with both fingers at the same time. Start with both fingers going up. This causes you to go in the same direction. Your fingers will cross at the middle of the lazy eight at the same time.
5. Now put both fingers back out at 12 inches apart. Start with your right finger going up and your left finger going down. This will make your fingers go in opposite directions.



Rock, Paper, Scissors, Math

You and your partner will each be revealing a certain number of fingers to each other. The first person to add them together wins the round.

1. Stand up and find a partner. A group of three works as well.
2. Face your partner and both will say together, "Rocks, Paper, Scissors MATH". At the same time pound your fist to your open palm with each word. When you say "MATH" you should put between 1 and 4 fingers out. No thumbs are allowed. You are also not allowed to display zero fingers. Players are encouraged to hold their fists flat so their partner can see how many fingers they have displayed.
3. The person who adds the numbers together and says the number correctly is the winner for that round. If a person says an incorrect answer they automatically lose that round.
4. Play the best of five rounds.



Bizz - Buzz

You will work in groups of 2, 3 or 4 and count from 1 to 40 using a combination of numbers and words.

1. Stand up and get in a group of 2, 3 or 4.
2. The goal of this Brain Break is to count from 1 to 40 using the following rules: Say "Bizz" for every multiple of 5 or every number that has a 5 in it. Say "Buzz" for every multiple of 7 or every number that has a 7 in it. You will also need to say "Bizz-Buzz" when the number is a multiple of 5 and 7.
3. Let's begin: The first person in the group says "1". The next person in the group says "2". The next person says "3". The next person says "4". The next person says "Bizz" (because it is a multiple of 5) and so on.
4. Continue this until you get to 40.

21

You and your partner are trying to count by ones up to twenty-one.

The first person to say “21” will win.

1. Stand up and find a partner. Decide who is A and who is B.
2. The goal is to be the first person to say the number 21.
3. You will alternately say consecutive numbers starting at “1” until someone says “21”. However, at your turn you have your choice of saying only one number or two numbers at a time. (For example, if person A just finished their turn and said “7”, then person B could either say just “8” or “8” then “9”).
4. Person A will start counting at “1.”

“Gotcha”...My Favorite

Try to grab another person’s finger on one side of you, while at the same time avoid being grabbed by the person on the other side of you.

1. Stand up and get into groups of 3-10 people.
2. Form a circle with your group.
3. Each person should hold out their left hand with their palm flat and facing up. Now take your right hand index finger and point it directly into the palm of the person to your right.
4. When the instructor says “Gotcha”, you are to try to grab the person’s finger that is in your palm, and at the same time avoid being grabbed by the person you are pointing to.





**Have Fun and Help Make
Our Children's (and your)
Brains Stronger!!!**