



Educator guide: Brain break activity

Recommended for grades:

1st

Time:

4 minutes

Learning objectives:

After completing this activity students will be able to:

1. Describe two ways that people can be different from one another.

Activity description:

The Brain break activity can be used at any point during the day to give students a chance to get their wiggles out and give their brains a break. Gus the bird leads students through the short activity that reinforces the fact that everyone is different. Students will do various movements if statements are true for them.



Transcript

Screen 1

Gus: Well hello friends! Why don't we take a little Brain Break?

This is our time to move our bodies so our brains can learn better and we can get all of our wiggles out. Just listen to what I say and do what I tell you while standing in your same spot.

First, everyone stand up. Stretch your hands and fingers toward the sky, up on your toes, reach, reach! OK, relax. Now, everyone stand still and listen carefully!

If breakfast is your favorite meal of the day, raise both arms high! OK, arms down at your sides.

Everyone who plays a sport, jump three times! Whoa, bouncy!

If you like to dance, show us your best move! Everyone dance, dance, dance! STOP!

Anyone wearing green today, pat yourself on the shoulder! Ready for the next one?

If you can wiggle your ears, reach down and touch your toes.

If you cannot wiggle your ears, touch your elbows together.

If you have a dog or a cat, sit down! Now everyone stand.

If you have a pet that is a not a dog or a cat, do your best frog jump! Everyone stand up again.

If your favorite food is ice cream, march in place! Good job.

Now everyone who tries to be nice every day, stand up tall and straight. I hope everyone is standing. Raise both arms and reach for the sky. Now pretend you're climbing a ladder to reach for the moon.

OK! Clap your hands three times. Flap your wings four times. Wiggle your tail five times.

Take a deep breath in through your nose and blow out through your mouth. Once more, breathe in through your nose, blow out through your mouth. Everyone sit down in your spot.

Screen 2

Gus: Wow! Not only did we get our bodies and brains working...but we got to see all the ways our classmates are different and who likes different things. Very cool, kids.



Acknowledgements

Thank you for providing dedication, passion and leadership:

Les Weil – Zink the Zebra Foundation

Thank you to our funding partners for making our 1st grade bullying prevention activities possible:

ADM Cocoa	Bill & Becky Komisar
Harvey & Judy Alligood	Lynda Koshy
ANON Charitable Trust	Melinda Krei
Anonymous Corporation	Luedke-Smith Fund
Terry & Nancy Anderson	Luty Fund
BMO Harris	Claire and Robert Pflieger
Elizabeth Brinn Foundation	Charitable Fund
Terry & Mary Briscoe	Randall Family Fund
Chuck Cairns	Richard & Barbara Weiss Fund
CarMax Foundation	at the Greater Milwaukee
Bridget Clementi	Foundation
Marybeth Cottrill	M & I Bank
Curt & Sue Culver	Marcus Corporation Foundation
Mae E. Demmer Charitable	MGIC
Trust	George and Julie Mosher
Elaine Eisner	Family Foundation
Entertainment Software	National Insurance Services of
Association Foundation	Wisconsin
Ralph Evinrude Foundation	Peck Foundation, Milwaukee
Fiserv, Inc.	LTD
Rhona Gewelber	PNC Bank
Beverly and Martin Greenberg	Gene & Ruth Posner
Guaranty Bank	Foundation
Kavita Gupta	Bill Randall
Penny Gutekunst	Jaynie Rench
Ann & Katie Heil	R & R Insurance Services
Evan & Marion Helfaer	Philip Rubenstein Foundation,
Foundation	Inc.
Frieda and William Hunt Trust	Ruddie Memorial Youth
Dorothy Inbusch Foundation	Foundation
InSinkErator	Jim and Karen Schlater
	Andrea Shrednick



Kelly Weil - Zink the Zebra Fund
WHG Applebee's
Wisconsin Department of Public
Instruction
Dr. Jeffrey Walker
Wisconsin Psychoanalytic
Foundation
Women & Girls Fund-Waukesha
Co. Community Foundation
Diane and Robert Jenkins
Family Foundation

Marjorie Siebert Ayles
Foundation
Stackner Family Foundation
John Stanley
Bert L. & Patricia S. Steigleder
Trust
Barbara Stein
Joe & Jenifer Tate
The Ed and Josie Toogood
Foundation





Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

