



Educator Guide: Brain Break Activity

Recommended for Grades:

Kindergarten

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: Hiya kids! It's time for us to take a brain break!

That means we're going to do a little body movement so our brains can learn better and we get all of the wiggles out. Just listen to what I say and do what I tell you!

First, everyone stand up. Stretch your hands and fingers towards the sky, up on your toes, reach, reach! OK, relax. Now, everyone sit back down and listen carefully!

If you like milk, stand up! Everyone sit.

If you are wearing blue, stand up! Everyone sit.

If you like to sing, stand up! Everyone sit.

If you like coming to school, stand up! Everyone sit.

If you like football, stand up! Everyone sit.

If you have a pet, please stand up! Everyone sit.

If your favorite season is summer, stand up! Everyone sit.

If your favorite food is pizza, stand up! Everyone sit.

Now everyone who likes playing with their friends, stand up!

Now we need everyone to stand up!

OK! Everyone jump three times. Flap your wings, wiggle your tails and sit back down.

Screen 2

Gus: Wow! Not only did we get our bodies and brains working...we also saw that we're all different and we all like different things. That's pretty cool, huh?!

Acknowledgements

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