



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

Thank you for providing dedication, passion and leadership:

Les Weil – Zink the Zebra Foundation

Thank you to our funding partners for making our Kindergarten 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
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Elaine Eisner	Family Foundation
Entertainment Software	National Insurance Services of
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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 Aylen
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Stackner Family Foundation
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Bert L. & Patricia S. Steigleder
Trust
Barbara Stein
Joe & Jenifer Tate
The Ed and Josie Toogood
Foundation





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