

Classroom Activities



Six Spots

Suggested Levels: 6-12

Time: Less than 5 minutes

Foundation: Cardio

Equipment: 1- Die, 6 pieces of paper to mark “spots” in the room (label first sheet #1, label second sheet #2, label third sheet #3, etc.).

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

Description: Label 6 spots around the room from 1-6. Have students each jog to a spot of their choice. While at the spot of their choice, students must continue to jog in place. Choose a student to roll a die. All the students at the number that is rolled must stop and return to their seats. Students that are remaining jog to another numbered spot of their choice and continue jogging in place. The die is rolled again. This game continues until only a few students are left.

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