

Classroom Activities



Find It Fast!

Suggested Levels: 8-12

Time: Less than 5 minutes

Foundation: Balance

Equipment: None

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

Description: Call out a color or other adjective (see examples below or make up your own). Students must quickly find an object in the room that fits that trait and get to it quickly. The students must balance on one leg until everyone has found an object. Repeat as many times as time allows.

Trait Examples:

Wooden
Round
Solid
Smooth
Red
Hollow
Heavy
Blue
Tall
Square

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