

Classroom Activities



Nose Ear Challenge

Suggested Levels: 8-12

Time: Less than 5 minutes

Foundation: Cross Lateralization

Equipment: none needed

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

Description: Have students grab their nose with their LEFT hand and their LEFT ear with their RIGHT hand. Have students switch. RIGHT hand grabs nose while LEFT hand grabs RIGHT ear. Have them switch again at a faster pace. Have them continue this as fast as they can for a minute.

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