

Classroom Activities



Human Knot

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: Divide students into groups of 6-8 students. Have students each hold right hands with someone who is not directly next to them. While continuing to hold hands, instruct students to do the same with the left hands. The challenge is to untangle and become a circle without releasing hands.

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