

Classroom Activities



Plates

Suggested Levels: 2-12

Time: Less than 5 minutes

Foundation: Balance

Equipment: A stack of paper or Styrofoam plates (enough for each student to have one plate)

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

Description: Give each student a paper plate. Students must walk around the room balancing the plates on their heads. If a student drops his or her plate, the student must freeze until another student picks it up and places it back on the student's head (while continuing to balance a plate on their own head).

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