

Classroom Activities



Hands

Suggested Levels: 6-12

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 stand and start by waving their RIGHT hand in front of them, left to right (SIDE TO SIDE). Palms should be facing away with fingers pointing upward (like a wave goodbye).

Instruct them to freeze that hand. Using the LEFT hand (palm facing outward with fingers pointing upward), instruct to move that hand UP and DOWN.

Have students practice moving both hands at the SAME time. Right hand is waving. Left hand is moving up and down in a vertical direction.

Now switch- Left hand is waving and right hand is moving up and down.

Do this faster and switch often to make it more challenging.

Finally, have students cross their arms while continuing this game.

Source: Modified from <http://brainbreaks.blogspot.com>