

## Classroom Activities



# Snap Wink

Suggested Levels: 5-12

Time: Less than 5 minutes

Foundation: Hand/eye Coordination

Equipment: none needed

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

Description: Instruct students to wink their left eye and snap fingers with their right hand at the same time. Next, instruct them to switch- wink with their right eye and snap their left hand at the same time. Instruct them to continue switching back and forth, while increasing speed to see how fast they can go.

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