

Classroom Activities



Pen Flip

Suggested Levels: 8-12

Time: Less than 5 minutes

Foundation: Hand/eye Coordination

Equipment: Each student needs 1-2 pens (or pencils)

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

Description: Have students stand up and try this fun game. Have the students take a pen and flip it one revolution (end over end) and catch it. Have them repeat this with the opposite hand. Next, have the students try to flip two pens (one in each hand). Bonus challenge- Try to throw the pens up into the air and catch them with opposite hands.

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