

# Classroom Activities



## Gotcha

Suggested Levels: 8-12

Time: Less than 5 minutes

Foundation: Cross Lateralization, Hand/eye Coordination

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

Description: Stand up and get into groups of 3-10 people. Form a circle with your group. Each person should hold out their LEFT hand with palm flat and facing up. Now take your RIGHT hand index finger and point it directly into the palm of the person to your right. When the teacher says "Gotcha", try to grab the person's finger that is in your palm, and at the same time avoid being grabbed by the person you are pointing to. Try this with arms crossed too.

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