

Classroom Activities



High Five Challenge

Suggested Levels: 6-12

Time: Less than 5 minutes

Foundation: Cross Lateralization, Hand/eye Coordination

Equipment: none needed

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

Description: Tell the students that they must quickly WALK around the room and give each classmate a high five within the next 30 seconds. For an extra challenge (and more laughs), have them complete this challenge using their non-dominant hands.

Source: *Modified from* <https://carriewisheart.com/2015/01/09/teachupsidedown-50-brain-breaks-to-engage-students-in-the-classroom/>