

# **PHYSICAL ACTIVITY** **for PHYSICAL DISTANCING**

## **SNAP WINK**

**Suggested Levels: 4-7**

**Time: 1- 5 minutes**

**Equipment: NONE**

*Objective: Promotes movement to refocus the brain while maintaining physical distancing. While this short exercise doesn't involve a great deal of physical activity, it is a popular activity among students.*

**Directions:** 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.

