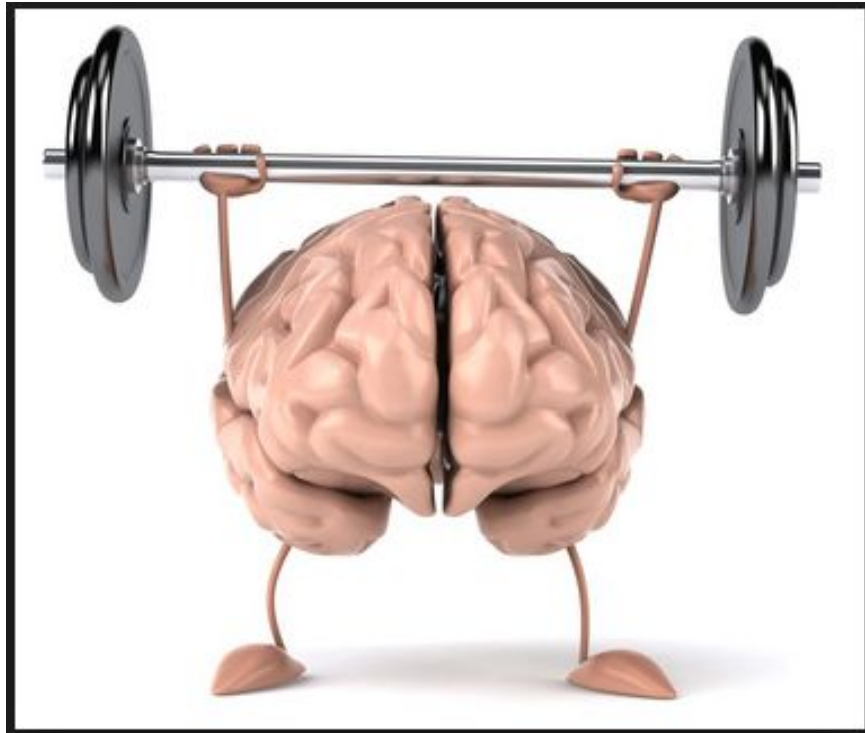


Brain Boosters on Steroids



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****In the following lessons, copyrights are unknown. Some of the titles have been changed or adapted to fit particular content areas****

Great Tool to Quickly Organize Students into Groups:

<https://flippity.net/RandomNamePicker.htm>

Simple Easy Brain Breaks to Get Started

Chair:

Version #1: Students put hands under seat....lift feet off the ground and stretch

Version #2: Students put hands on top of seat....lift feet off ground try to lift themselves off their seat

Universal Center or Shake it Off:

Stand up....put feet shoulder width apart, slightly bend knees, arms at side....twist, flopping your arms around your body. Try to lead with your hips, NOT arms.

Wrist Shake:

Elbows bent, thumbs point to head shake hands...then call on student name....they count down from 5 then slap legs and back to shaking hands

****View this video to see Universal Center/Shake it Off and Hand Shake:**

<https://www.youtube.com/watch?v=pbD7Dcmlmws>

Cross Laterals:

Left hand touches right knee then right hand touches left knee
Put one hand on nose....other hand across arm on ear...then switch
(Simply google cross laterals on YouTube and you will find many more)

1 Foot Stand:

Stand on one foot and hold that position. Change feet. Do again, this time closing your eyes.

Paper, Rock, Scissors

Version #1: Each student plays another. Whoever loses puts his/her hands on the other student's shoulders. Person who wins challenges another group. Whoever loses takes their

group to the end of the line. At the end of the game you will have 2 large lines facing off for the win.

Version #2: Each student plays another. If they lose they must sit down, keeping an eye on the person who beat them. A person can get back into the game if the person who beat him/her then loses.

Variation #3: The Egg, Chicken, Cow, and Human

Everyone in the room starts as an egg making an egg noise. Students find another student that is making an egg sound. They play paper, rock, scissors. If they win they become the chicken and make the chicken sound. The person who loses goes back to the egg. They must find another chicken...play paper, rock, scissors...if they win, they move to the cow and the person who loses goes back to the egg. The object of the game is to become the human.

Variation #4: Play a review game in which students have review cards and ask each other questions. Whoever answers the question correctly gets a point and then the partners play paper, rock, scissors, whoever wins gets the second point.

Version #5: Play with your feet. Feet together is rock....feet apart is paper and feet in splits is scissor.

Monster, Troll, and Magician

This game is just like paper, rock, scissors but uses Monster, Troll, and Magician instead.

Introduce each character.

Monster...Growl with hands above your head.

Troll... squeaky noise bending your knees.

Magician...Whaga, whaga...arms straight out.

Put the following on the board...

Monster defeats the Troll

Troll defeats the Magician

Magician defeats the Monster

Have students find a partner...put their backs together. On the count of three, turn around and either do the monster, troll, or the magician.

If you lose, you sit down. Game ends when 2 people are left to face off.

Can You Catch Me?

Have class get into a circle. Have students put their right hands at waist level and place their left index finger in the palm of the person next to them.

The teacher counts to 3...on 3, students try to grab the index finger of the person next to them and try to not get their finger grabbed by the person next to them.

Questions Only: From Whose Line is It

Materials:

Organize teams (I would organize according to ability)
Categories or topics

Game Plan:

Put students into teams of 2 or 3...

One team faces off with another team....for example Team 1 (2 members) challenge Team 2 (2 members).

Teacher names the topic or category....for example...cars, social media, middle school teachers, etc.

Students can only ask questions and can NOT repeat or pause for a length of time...if so, they are out.

Play a few times....then at end ask for each team to send their best member forward. Put kids chosen into a circle for the final round.

Starts With.....

Materials:

Put students into groups of 3 or 2
Prepare topics for letters of the alphabet (For example: Letter A: name cities that start with letter A)

Game Plan:

Teacher tells class the letter
Teacher also tells class the category (For example: The letter is P...the person who can name 5 fruits/vegetables that start with letter P wins....go)

Jump In...Jump Back

Copyright: Percy Hill

Materials:

Room for a large circle for entire class

Game Plan:

Put class into large circle
Hold hands or not (does work better when you hold hands, but not necessary)
Teacher says to group: Jump In and everyone takes one jump into the circle..jump back...do this a few times

Then change up the rules....Jump In means you actually jump back and jump back means you jump in

Silent Seat Ball

Materials:

One Nerf ball (don't use a hard ball)

Game Plan:

Have students sit on the top of their desks. Students toss the ball to each other. If they drop the ball, they must sit down in the seat.

They cannot throw to a person's back or throw it in a way that the individual cannot catch it.

Last person up wins.

World Volleyball

Materials:

One inflated world globe or beach ball
Stopwatch or clock

Game Plan:

Students remain in their seats. Have 4 students sit in the middle or at the front in case the ball goes where there are no students.

Teacher tosses the ball in the air. The object is to keep the ball in the air as long as possible.

Option: Keep record on board so classes can view others' class scores. Class that does it the longest wins.

Roll to 100

Materials:

1 die for each group
1 piece of paper for each student
1 pencil/pen for each student
Groups of 4

Game Plan:

Each group of 4 sits in a circle at a table or puts desks in a circle. (They need something to write on)

Teacher chooses a number (1-6)

One student starts with paper and pen...the person to their right has the die. When the teacher says GO, the student with paper starts to number to 100...1,2,3,4.....at the same time the student to the right with die continually rolls die until he/she hits the number the teacher gave...when that happens, the student writing must stop.

Then student to the right of student with die takes the die and student that had die starts to number to 100. This keeps going until someone in the group reaches 100. They are the winner!

Follow the Leader

Game Plan:

Have students sit on their desks.

Choose one student to go out into the hall.

Choose one student to be the leader.

As the student is in the hall, the leader starts to do something: clap, move legs, snap fingers, etc. Everyone else in the room does the same thing. The leader should randomly change what they are doing every so often.

The student in the hall comes back into class and has 3 guesses of who the leader is.

I'm in a Knot

Materials:

Extra tennis shoes with laces (in case there are groups where no one is wearing shoes that tie)

Game Plan:

Have students get into groups of 3.

Groups should sit on the floor. The person wearing the tennis shoes should sit in the middle.

Shoelaces should not be tied.

The student on the right will use their arm furthest from the tennis shoe and the person on the left will use their arm that is the furthest from the tennis shoe.

The goal is to get the shoe tied as fast as they can.

My Bonnie Lies Over the Ocean

Have students position themselves so they can stand up and sit down.

Sing loud and sing proud..."My Bonnie Lies Over the Ocean..." Every time the students hear the letter B they should sit down. When they hear it again, they should stand.

Sing away!!

Observation Deck

Game Plan:

Students get into pairs. They will face each other and answer the following question with their partners: Which is better: sweet candy or sour candy? Why?

Student pairs stand back-to-back.

Teacher tells students to each change three things about their appearance. For example, rolling up a sleeve, unzipping a jacket, etc.

Have students turn around and see if they can observe what has changed.

Long Lost Letter

Copyright: Kim Campbell

This activity is done at the end of the year.

Materials:

Each student needs to bring an envelope with a stamp.

Game Plan:

Students will write a letter to themselves in which they will talk about their lives in the seventh grade.

Each student will also take out one sheet of paper and put his/her name at the top. Students will pass the paper from student to student in which everyone must write something positive and they must sign their first and last name. Once everyone has signed the paper, they will add this to their envelope.

****You may want to compile a list of popular shows, cost of gas, cost of a movie, current events, etc. to add to their envelopes.****

Once completed I, as the teacher, add a note, seal, put in a box to save, and mail when they graduate from high school. Yes, you may have to pay extra postage.

Get Me Out of This Circle!!

Copyright: Dr. Kay Wahl

Materials:

Room for 2 human circles.

One penny for each circle.

Game Plan:

Have the students form 2 circles or 1 circle depending on the number of students in the class. Circle should at least be 10-13 people.

One student stands inside the circle.

One student in the outside circle has a penny in his/her hand.

Teacher gives out a letter...For example, the letter "R." The student in the middle must name five words that relate to the unit that start with "R." Or the teacher gives out the name of a topic and students must name 5 words that relate to the topic.

As soon as the letter is given, the student with the penny passes the penny to the person next to them and they pass to the next person, etc. If the person in the center can name 5 words that relate to the topic before the penny makes it all the way around the circle, they can come out of the circle and a new person is chosen.

Koosh Toss

Copyright: Mary Allen

Standing in a circle, explain to students that each person has to touch the ball in as little time as possible. They must remember whom they threw the ball to and who threw it to them. Time students. When finished, explain that they are going to do it again in exactly the same order. Challenge them to beat their time. After repeating activity, brainstorm ideas to decrease time (i.e. reorder students so they are standing next to the person they threw it to). When students have figured out that one person can hold the Koosh and touch it to each person's hand, the time will be the least and the game is over. Discuss how they had to work together and cooperate to accomplish the fastest time.

4 Corners

Materials:

4 corners somewhat close together.

Game Plan:

Choose one student to be it. This student will be it the ENTIRE game. That student stands in front of the room with their eyes closed. Student counts down from 10...

Number the corners.

While student in the front of the room counts down, the other students move to a corner of their choice. When student counting down reaches 0, he/she names a corner (1, 2, 3, or 4).

All students that were in the corner that the student named are out and return to their seats.

Student in the front repeats....countdown from 10, name a number, etc. Whatever student is left standing is the winner.

2 Truths & a Lie (with a twist:)

Materials:

1 index card for every student

Game Plan:

On index card students put 2 truths and 1 lie about themselves

Have one student stand up and read theirs

I would do maybe 5-7 a day, then come back for the others throughout the week.

When all students have presented their 2 truths/lie then add the twist.

Twist: Collect the index cards...MAKE SURE THEY PUT THEIR NAMES ON THEIR INDEX CARDS! Take cards and make a Kahoot about using a truth from every student. Then in about a month use the Kahoot as a community builder/brain break.

Stick it to Kindness

Materials:

1 sticky note for each student

Visual with numbers so kids can find their partner

Game Plan:

I would do this activity towards the end of the year to give students enough time to learn and get to know each other.

Tell students that they are going to write a kind message to a person in this room. However, the teacher will be telling them who their partner is.....remind students to be as specific as possible when giving their partner a kind note. (For example: You're cool is not enough...instead I think you are cool because...you might want to give them some sentence starters.)

Number off all students then post the number sequence on the board. For example, class of 14 would be partnered up like this...

1-14

2-13

3-12

4-11

5-10

6-9

7-8

Clap It If It's Hot

Materials:

One object...it can be anything...a book, a picture, etc.

Game Plan:

Have one student go into the hallway so they can not see or hear.

Take the chosen object and hide it somewhere in your room. Make sure all students in the room can see where the object was hidden.

Bring the student that was in the hallway back into the room. The student that was in the hallway is to try to find the object by listening to the clapping the students in the room will do.

The students in the room clap louder the closer the student gets to the object. Keep playing until the object is found.

Leader of the Pack!

Materials:

This game works best when you have a full classroom of kids. If you would like to play during your Advisory, simply ask another class to join you.

No materials needed, except students!

Game Plan:

One student is placed in the hallway so they cannot see or hear.

Students in room sit on top of their desks.

Teacher chooses one student in the classroom to be the leader. That student then starts to do something that the rest of the class must follow. For example, snap fingers, clap hands, slap thighs, scratch head, etc.

Teacher tells leader to start their action and then goes in the hallway and gets the student. The student in the hallway has 3 guesses as to who the leader is in the classroom.

**The leader must change what they are doing several times so the student in the hallway has a chance to try to guess who it is. For example, if I were the leader I could be snapping my fingers, then suddenly change to clapping my hands...when the leader changes movement the entire class must also change movement to what the leader is doing.

Picasso, Look Out??!

Materials:

Smartboard or chalkboard

Game Plan:

Choose one student to go into the hall.

Choose another student that will serve as Picasso's model.

Choose another student to be Picasso.

The Picasso model comes to front and gets as close to the board as they can. The Picasso model turns to the side and Picasso **traces** their profile. When the profile is

complete the student in the hallway comes in and tries to guess which student is the profile.

Would You Rather?

Materials:

Would You Rather Questions (Google it..you will find 1,000s)

Game Plan:

You could add movement to this by establishing 2 corners that students have to go to based on their choice or stand up, sit down.

Would You Rather Questions:

- Would you rather always take a cold shower or sleep an hour less than you need to be fully rested?
- Would you rather always get first dibs or the last laugh?
- Would you rather always have to say everything on your mind or never speak again?
- Would you rather always lose or never play?
- Would you rather always wear earmuffs or a nose plug?
- Would you rather always win pie-eating contests or always win wheelbarrow races?
- Would you rather be 3 feet tall or 8 feet tall?
- Would you rather be 3 feet taller or 3 feet shorter?
- Would you rather be a deep sea diver or an astronaut?
- Would you rather be a dog named Killer or a cat named Fluffy?
- Would you rather be a giant hamster or a tiny rhino?
- Would you rather be able to hear any conversation or take back anything you say?
- Would you rather be able to read everyone's mind all the time or always know their future?
- Would you rather be able to stop time or fly?
- Would you rather be an unknown minor league basketball player or a famous professional badminton star?
- Would you rather be born with an elephant trunk or a giraffe neck?
- Would you rather be forced to tell your best friend a lie or tell your parents the truth?
- Would you rather be forgotten or hatefully remembered?
- Would you rather be hairy all over or completely bald?
- Would you rather be happy for 8hrs/day and poor or sad for 8hr/day and rich?
- Would you rather be invisible or be able to read minds?

Check out this website for specific games designed for Advisory....

<http://mmsa.info/content/advisory> (Minnesota Middle Level Association)