

# Brain Breaks

**Description:** Participants will do silly activities throughout the meeting.

**Purpose:** To help participants re-energize their bodies and minds.

**Time:** Each activity is about 3 minutes long. Do a couple of activities in a row or spread them out throughout your meeting(s).

**Age/Grade level:** Kindergarten and up

**Suggestions:** Check out the website [www.gonoodle.com](http://www.gonoodle.com) to see the videos that go with the activities and browse for additional activities. You will need to create an account, but anyone can and it's free!

**Materials:** None needed. If you want you can check out a computer, speakers, projector and hot spot (wireless internet connection) to use the videos at club meetings.

## What to Do:

### *Yes, No, Maybe-so*

First shake your head yes slowly. Then shake your head no slowly. Next shrug your shoulders up and down. Now combine the three. Shrug your shoulders up and down while alternating between yes and no. Now combine the three and try it a little faster.

### *ProPeller*

Stand with feet almost together and hands by the heart touching together. Breathe in and out slowly. Raise your hands out (like an airplane's propellers). Pretend you are flying an airplane, moving your arms up and down, twisting from side to side. Then lower your arms like you are landing your airplane. Put your hands together by your heart again. Breathe in and out slowly.

Now move your arms straight out again. Now move your arms in circles moving at your elbows. Pretend you are flying an airplane with your propellers. Bring your arms straight down. Then put your hands together by your heart again. Breathe in and out slowly.

### *Melting*

Stand up in a spot with a little space around you. Pretend to be a frozen statue. Pick your statue's position and don't move. Hold super still. Now pretend you are melting from the top down. First feel your face feel loose and melting. Then feel your shoulders melt, then your legs.. until you are melted on the floor.

***Hola, Bonjour, Hello!***

**Have a couple of members lead this activity and encourage club members to mimic their words and actions. Versions of hello: hola, how ya doing, what's up, howdy...**

Leader: Hey Megan. Show us how you say hello!  
Megan: I move like this (do an action) and go with the flow and then I say (a version of hello)."  
Leader: Megan moves like this (do her action). She goes with the flow and then she says (her version of hello)."

Continue on with different people...

***Pop Se Ko:***

**Have a couple of members lead this cheer and encourage club members to join in.**

Megan: Hey Amy are you ready?  
Amy: For what?  
Megan: To pop?  
Amy: Pop what?  
Megan: To pop se ko! My hands are high (hands up), my hands are low (hands down) and this is how I pop se ko (do an action/dance of your choice).  
Everyone: Her hands are high, her hands are low and this is how she pop se ko's (copy her action).

Amy: Hey Ginny are you ready?  
Ginny: For what?  
Amy: To pop?  
Ginny: Pop what?  
Amy: To pop se ko! My hands are high (hands up), my hands are low (hands down) and this is how I pop se ko (do an action/dance of your choice).  
Everyone: Her hands are high, her hands are low and this is how she pop se ko's (copy action).

*Continue with different people...*

**Reflection Questions:**

1. Did doing activities throughout the meeting help you focus better?
2. Which activity was your favorite? Why?
3. Which activity did you not like? Why not?

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