



Brain Break Hair gel

- Individual
- Pairs
- Small group
- Whole group

Uses: This Brain Break provides a novel frame for encouraging physical activity.

Resources: None.

Time: 5 minutes.

What to do:

The facilitator demonstrates and the participants copy the actions. The facilitator tells the story and mimes some actions.

Imagine a class of year 9 young people on their first day back at school after the summer holidays. They are all pleased to be back and have taken great care of their appearance, especially their hair.

1. Get the gigantic pot of hair gel from beside you and place it in front of you. Use both arms to work off the lid and place it to one side. With both hands, scoop out the gel. Use it to create a tall spiky hair-do for Jordan in the front row. (Move arms alternately to create spikes).
2. Meet Scott, Jord's friend.
3. Get the giant pot of hair gel from beside you and place it in front of you. Use both arms to work off the lid and place it to one side. With both hands scoop out the gel. Scott is a bit of an Emo and like lots of gel to smooth down his newly- dyed black hair. (Use palms of hands, alternately to gel down your hair).
4. Sophie in the back row uses the gel to create lots of big curls all over her hair. Get the giant pot of hair gel from beside you and place it in front of you. Use both arms to work off the lid and place it to one side. With both hands scoop out the gel. (Use pointy fingers to create giant imaginary curls for Sophie).
5. Jasmine, Sophie's friend likes the tangled look.
Get the giant pot of hair gel from beside you and place it in front of you. Use both arms to work off the lid and place it to one side. With both hands scoop out the gel. Having rubbed gel all through her hair, she throws her head forward and throws it back to get that 'just woken' up look.

Make it different:

- Create your own narrative to join some different actions together.

Points to make:

- Combining cross-lateral actions; exaggerated physical actions and words can be a creative way of injecting some novelty into your Brain Breaks.
- Anything that encourages physical movement and thus more oxygen to the brain, aids concentration. Physical activity is good for the brain and learning, as well as for the heart and body. Including cross-lateral movements encourages the formations of new pathways across the corpus callosum in the brain, allowing it to use many different processing methods.

