



Brain Break

3s against 4s

- Individual
- Pairs
- Small group
- Whole group

Uses: This Brain Break can help with concentration, hand-eye coordination and gross motor control.

Resources: None.

Time: 5 minutes.

What to do:

1. Practise the following moves as a group:

3s Slap right hand on right thigh 1
Slap left hand on left thigh and
Slap right hand on right shoulder 2
Slap left hand on left shoulder and
Snap right fingers 3
Snap left fingers and
REPEAT

4s Slap right hand on right thigh 1
Slap left hand on left thigh and
Slap right hand on right side of waist 2
Slap left hand on left side of waist and
Slap right hand on right shoulder 3
Slap left hand on left shoulder and
Snap right fingers 4
Snap left fingers and
REPEAT

2. Now get into pairs.

One person does the 3s pattern and one person does the 4s pattern. After practising for a while and trying to keep in time the person doing the 3s pattern repeats it four times and the person doing the 4s pattern repeats it three times. This will result on the last repetition of both people doing the shoulder and snaps together. After this has happened give each other a double high five.

3. Get the whole group into two lines facing a partner. Now try to do the patterns together as a group.

Make it different:

- Try crossing the body with the slaps and snaps. i.e. right hand slaps left thigh and so on. Keep the snaps on the same sides.

Points to make:

- Ask the participants how they got on. What was difficult? What was easy? What helped and hindered? Concentration is the key and a sense of rhythm will help.

