



Brain Break

Double, double this

- Individual
- Pairs
- Small group
- Whole group

Uses: This is a quick Brain Break that combines movement and words to create a sequence that can be done in pairs and small groups, or as a larger group. This Brain Break is useful for re-focusing attention and reviving flagging energy.

Resources: You may find it useful to write up the sequence and words on a sheet of flipchart paper as a point of reference.

Time: 5 minutes.

What to do:

Demonstrate the action and words with a partner. In a pair, the participants face each other. They use their hands to tap the hands of their partner using the actions suggested in italics. At the same time, they say the rhyme in bold out loud.

Double (closed fist), *double* (closed fist) **this** (palms of hands);

Double (closed fist), *double* (closed fist), **that** (backs of hands);

Double (closed fist), *this* (palms of hands);

Double (closed fist), *that* (backs of hands);

Double (closed fist), *double* (closed fist), **this** (palms of hands) **and that** (backs of hands).

Make it different:

- Having mastered this in pairs, the participants get into small groups or a large whole group and stand in a circle. They repeat the rhyme and actions with the two people on either side of them.

Points to make:

- You can create many different patterns of your own, combining actions and words.
- Whilst engaged in activities like this, it is easy to temporarily forget about things that might be worrying or distracting you.