



Brain Break Colour madness

- Individual
- Pairs
- Small group
- Whole group

Uses: This Brain Break activity jolts the brain out of thinking in its usual way.

Resources: You will need to create a slideshow or series of posters. Each poster should have one word that is written in a different colour from the word that is spelt out.

Time: 5 minutes.

What to do:

Show participants a slide of one word at a time. They have to say the colour that the word is written in, not the word itself.

You can speed things up as people become more confident.

E.G.



Points to make:

- Because you are asking your brain to do an unusual thing, it struggles to deal with this challenge. However, with practice your reaction rate will get faster. Therefore, you can 'train your brain' if you want to.

