



## Brain Break

# Stop, go, jump, clap

- Individual
- Pairs
- Small group
- Whole group

**Uses:** A quick Brain Break that can be quite active!

**Resources:** None.

**Time:** 5-10 minutes.

### What to do:

1. On the signal 'go' the participants move around the space: then on the signal 'stop', they stop still.
2. You might say, – 'that was far too easy.... now can you do the opposite to what I say?' Now when you say 'go' the participants stop, and when you say 'stop' they walk around. Try this a few times.
3. Now introduce two new instructions. When you say 'jump' they clap their hands once, and when you say 'clap' they jump once in the air.
4. Now shout out a series of instructions in which the participants do the opposite (or try to!)

### Make it different:

- Introduce more instructions such as forwards; backwards; reach for the skies; touch the floor; hop; crawl, etc.

### Points to make:

- What is going on in our brains when we try to do the opposite?
- How does it feel?
- How can we improve our concentration?
- Do you watch other people or just focus on yourself?

