



## Brain Break

# Thumb up, finger out!

- Individual
- Pairs
- Small group
- Whole group

**Uses:** A quick Brain Break that can be done sitting down.

**Resources:** None.

**Time:** 5 minutes.

### What to do:

1. Ask the participants to hold both hands in front of them in fists.
2. Then with one hand, raise the thumb and with the other extend the little finger out to the side.
3. Now swap over – so the hand that had the thumbs up puts that back down and extends the little finger and vice versa

### Make it different:

- No real variations on this one but you could try doing it to a rhythm.

### Points to make:

- It might be easier if you don't look at your hands – why is this?
- How soon did your brain learn to adapt to unusual instructions and be able to achieve it better? Can you relate this to other learning?

