



Brain Break

Flat hand, pointy finger

- Individual
- Pairs
- Small group
- Whole group

Uses: This is a quick Brain Break activity to re-focus attention and get a group working together.

Resources: None.

Time: 2 - 3 minutes.

What to do:

1. Begin in pairs with each person facing their partner. Each person raises their right hand and points a finger.
2. The open left palm is held upwards. The pointed finger is held above the open palm of the other person without touching it.
3. When the facilitator shouts "Go", the object of the exercise is to grab the pointed finger of your partner, whilst at the same time avoiding your finger being grabbed by them.

Make it different:

- When this has been mastered in pairs, move in bigger groups; eventually building into the whole group. This time, the group is in a circle and each person plays with the people on either side of them.

Points to make:

- Ask whether participants were able to think of anything else whilst they were doing this activity. This is a useful Brain Break that re-focuses attention and helps us move from one activity to another.

