



Brain Break

Alive, alert, awake

Introduced to UFA by Bobbi, (Peer Tutor), UFA Birmingham

- Individual
- Pairs
- Small group
- Whole group

Uses: This encourages some physical activity combining movement, language and memory.

Resources: None.

Time: 5 minutes.

What to do:

1. Everyone stands in a circle. One person demonstrates the song and the actions.

2. How to play:

Say the words whilst completing the actions:

"Alive" = both hands on head;

"Alert" = hands on both shoulders;

"Awake" = arms crossing chest;

"Enthusiastic" = tap legs, clap hands and click fingers.

3. Song:

Alive, alert, awake,

Enthusiastic,

Repeat:

Alive, alert, awake,

Awake, alert, alive,

Alive, alert, awake,

Enthusiastic.

4. The game ends when the time is up.

Make it different:

- Change some of the actions or the order... enough to make your brain hurt!

Points to make:

- Combining positive language and actions is a good way to energise mind and body.