



Brain Break

Pick an apple or two!

- Individual
- Pairs
- Small group
- Whole group

Uses: This is a simple Brain Break that encourages cross-lateral movements.

Resources: None.

Time: 5 minutes.

What to do:

1. Ask participants to stand with a bit of space around them.
2. Now, imagine you are standing in front of an apple tree laden with fruit. You have two baskets, one on either side of you ready to collect the apples.
3. Reach up with your right hand to the left side of the tree to pick an imaginary apple and place it in the basket on your right side.
4. Now reach with your left hand to the other side of the tree and place an apple in the other basket. Each time you pick an apple you are reaching across your body
5. You can now reach out for two apples at the same time, using both hands.
6. Create patterns to keep the participants going e.g. left, left; both; right; left; right, both.

Make it different:

- Vary the patterns.
- Think of a song to go with this.

Points to make:

- Any cross-lateral movements will help to integrate both sides of the brain by activating the corpus callosum.
- Creating a story for the actions just helps to make things a bit easier to remember.

