



Brain Break

Maths brain

Introduced to the UFA by Bristol Peer Tutors at UFA National conference.

- Individual
- Pairs
- Small group
- Whole group

Uses: This is not quite a Brain Break, but nevertheless a challenging, fun and energising few minutes.

Resources: None.

Time: 5 - 10 minutes.

What to do:

1. Create a key:

100s will be represented by a stamp of the foot.

10s will be represented by a clap.

Units (numbers 1-9) by the corresponding number of clicks of fingers.

Practice this key with simple numbers like 300; 20; 6 etc.

2. Now for the challenge: shout out a number and the audience has to use the key to create the right pattern of movements.

e.g 325 = 3 stamps of foot, 2 claps and 5 clicks of fingers.

3. Play as many rounds as you have time for.

Make it different:

- Get the audience to contribute numbers.
- Add another action for the 1000s column. Make the numbers more challenging.

