

# Energiser Activities

**Level:** Any (some are harder than others - just pick and choose to suit your age group)

**Equipment:** None

**Purpose:** To strengthen our connections between both sides of the brain

**Formation:** Students work individually or in pairs (dependant on activity)

## Number 6

Stand up and raise your right foot. Draw a circle with your foot anti clockwise (pause and let them practise and find their balance). Lift your right arm in the air with your index finger pointing out. Draw with your finger, the number six, starting from the inside up (this is opposite to how most people write the number 6). Keep circling that foot anti clockwise.



## Lazy 8's

Use index finger to trace an imaginary number eight that is lying on its side, (also known as the infinity sign), in the air in front of them. The number should be traced large enough so that to complete the number the pointer finger crosses over to the students left and right side.

**Variations:**

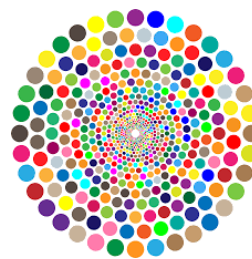
- Have students use different fingers to trace the 8's (start with one, add a finger with each 8 completed)
- Use both hands going in the same direction.
- Have fingers going in opposite direction, having fingers crossing when they get to the middle (conductors).

## Fist Circles

Students will make a fist with both hands and hold them parallel to the floor in front of them. First, circle both hands clockwise. Then, circle both hands counter clockwise. Lastly, circle one hand clockwise while circling other hand counter clockwise.

**Variation:**

- Switch jobs with the hands



## Foot Tapping

- Tap one foot on the ground (keep heel on floor).
- Turn the opposite foot in and out (keep heel on floor).
- Do both tasks at the same time.

**Variations:**

- Alternate tapping with turning (so both feet are not hitting the ground at same time).
- Switch jobs as teacher instructs



## Hand Circles

Circle hand and foot on same side in the same direction. Circle one hand in one direction and circle same foot in opposite direction.

**Variations:**

- Trace a square in the air with same foot and hand, then move them in different directions.
- Have foot moving in a circle while the hand on the same side traces their name in the air.

## Patty Cake-Style Games

Students will have their hands up in front of them like they are about to play Patty Cake. Player 1 begins by touching their partner's opposite hand, then bringing their hand back to starting position and then clap. Player 2 during this time keeps their hands up in front, giving their partner a target to touch. After Player 1 claps, he/she then touches Player 2's other hand and finishes by clapping. After Player 1 is done, he/she puts their hands up in patty cake fashion and Player 2 begins their turn.

Variations:

- Try following tasks as student is touching partner's hands, then vice versa (student claps then taps partner with right hand and says letter/number, claps then repeat with left, then other partner goes):
  - \*Alphabet (two letters at a time)
  - \*Sentence stories (two words at a time)
  - \*Spelling (two letters at a time)
  - \*Skip counting (two numbers at a time)



## Gotcha (aka Flytrap)

An entire class game in which students from a circle, close enough where all students can touch both neighbours' hands. All students put their index finger out on their right hand (fly) while keeping their left hand open and flat (trap). On the READY signal from the teacher, each student places their right index finger in the hand of the neighbour to their right. When everyone is ready, teacher yells out GOTCHA! Students then attempt to remove their finger from the trap to their right while simultaneously trying to catch the finger/fly of the neighbour to their left.

Variations:

- Switch hands midway through the game-Left hand is fly, right hand is trap. The more times you switch, the more they have to think.
- To incorporate more movement, instruct students to do an exercise, like quick feet, until the teacher says "ready," then students stop and prepare for the GOTCHA.
- Have students walk (very slowly) in a circle as they are playing the game.

**For Under-fives:**

Crossing the Midline of the Body: March in place and slap the left hand to the right knee and then reverse it by slapping the right hand on the left knee. You can make this game more fun by playing music in the background. March quickly to fast songs and slow down when slower songs play.

**Cross Curricular Links:**

- Numeracy - learning numbers, shapes etc.
- Literacy- Patty Cake variations

**Links to fundamental movement skills:**

These activities will help to develop;

Balance skills - balancing on one leg. Could try different legs, balance on bottom etc.

Coordination and crossing the midline - using two different body parts at the same time.



For more brain exercise activities head to:

<http://mlspe.blogspot.co.nz/p/brain-gym-activities.html>