



November Brain Boosters

Patriotic Brain Boosters

Thanksgiving Brain Boosters

Brain boosters are a great strategy for classroom teachers to incorporate movement into the school day as well as providing benefits such as, improved focus, positive behavior, increased motivation, and higher academic performance.

When to use:

- After students have been sitting for 20 minutes or longer to re-energize their brains and bodies
- During a transition
- As a reward
- When you notice students are getting restless

Resources:

- www.elementarymatters.com
- Sticky Foot Studio Clipart
- Educlip Clipart
- Sketchy Guy Clipart
- www.secondarystorywindow.net

parade March

Imagine you are in a parade. Marching proudly in place (or around the room), waving your flag, and waving to the crowd.



Fit4Kids

You're a firework

Pretend you're a firework. Start low to the ground and blast off in the air 10 times!



Fit4Kids

Statue of Liberty

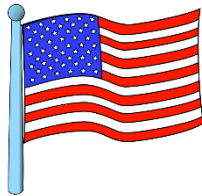
Can you pose like the statue of liberty? Balance for 10 seconds.



Fit4Kids

50 states

The USA has 50 states. Do one jump (or sky reach or any move) for each state!



Fit4Kids

Ring the Liberty Bell

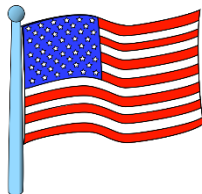
Swing your arm from side to side like you are ringing the liberty bell. Switch arms. Ring the bell 10 times with each arm!



Fit4Kids

13 stripes

There are 13 stripes on the USA flag. Do 13 squats for each stripe!



Fit4Kids

Mayflower voyage

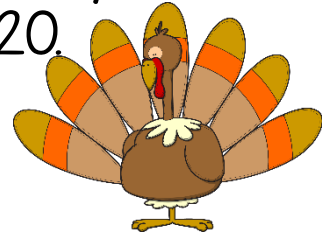
Oh no! The sails on the Mayflower won't go up - it's time to canoe the rest of the way. Sit on the floor with your legs straight. Paddle along from left to right. Be sure to switch your paddle from side to side! Count down from 15.



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scarecrow

Take a pretend rake in your hand and pull the leaves toward you. Do this in all directions around your body counting backwards from 20.



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Turkey Trot

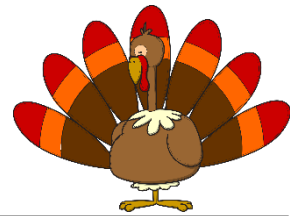
Do the turkey trot! Step to the right. Step to the left. Turn around. Flap your wings. Jump up. Touch the ground. Turn around. Shake your tail feather. Do it 2 more times!



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Leaf pile Jump

Pretend there is a big leaf pile in front of you. Jump in it 10 times!



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Compass Rose

Everyone face north. Jump once north. Continue to face north, but jump once toward the south (backward). Jump once to the east (right) and once to the west (left). Continue to name directions to jump.



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Turkey & Goose

Move around the room like a turkey. Bend your knees, shake your feathers, bob your head. Then switch to a goose migrating for the winter and flap your wings, crane your neck and maybe even fly in a V! Continue switching between goose and turkey.



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CORN HUSK

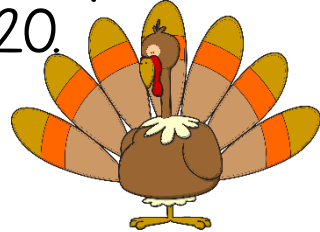
Stand up tall and put your arms above your head. Bring your arms down like you're pulling off husk on a corn cob. Pull off the husks for 15 seconds.



Fit 4 Kids

Rake It Up

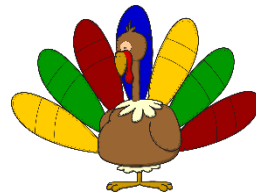
Take a pretend rake in your hand and pull the leaves toward you. Do this in all directions around your body counting backwards from 20.



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Acorn pop

Squat on the ground then jump up in the air making a star shape with you body and whisper 'POP'. Do this 10 times.



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Mash potato

Bring both hands up by your shoulders. Push one down at a time to mash the potatoes. Count backwards from 15.



Fit 4 Kids

It's a Feast

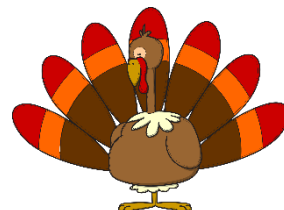
Squat down like you are sitting in a pretend chair. Pretend to eat food and hold the chair pose while counting backwards from 20.



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Turkey waddle

Put your hands behind your head and spread your fingers like feathers. Waddle in place with your toes out to the side for 15 seconds



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