

## BRAIN BOOST ACTIVITY CHART

Equipment Needed: Bean Bag (or Balled-up Piece of Paper)

Name	Set-Up	Description
<b>Flip It</b>	<ul style="list-style-type: none"> <li>Students stand next to their desks with a bean bag or balled-up piece of paper on the back of one hand.</li> </ul>	<p><b>Objective:</b> Successfully flip and catch an object.</p> <ul style="list-style-type: none"> <li>On the start signal, students attempt to flip the paper ball into the air and catch it with their hands.</li> <li>Challenge: Use different body parts (e.g. foot, head, knee, etc.).</li> </ul>
<b>Which Way</b>	<ul style="list-style-type: none"> <li>Students stand by their desks with a bean bag or paper ball placed on the ground in front of them.</li> <li>Teacher prepares to call out directions.</li> </ul>	<p><b>Objective:</b> To follow verbal directions given by the teacher or leader.</p> <ul style="list-style-type: none"> <li>Teacher takes turns calling out forward, back, right, and left.</li> <li>Students move to the correct position in relation to the paper ball.</li> <li>Challenge: Students do the opposite of what is called out.</li> </ul>
<b>Claps Counter</b>	<ul style="list-style-type: none"> <li>Students stand by their desks holding a bean bag or a balled-up piece of paper.</li> </ul>	<p><b>Objective:</b> Clap as many times as you can while self-tossing.</p> <ul style="list-style-type: none"> <li>Toss the object into the air and clap as many times as you can. The number of claps only counts if the object is caught.</li> <li>Challenge: Spin in a circle (after tossing the object) while performing the claps.</li> </ul>
<b>Two for All</b>	<ul style="list-style-type: none"> <li>Students stand by their desks holding a bean bag or a balled-up piece of paper in each hand.</li> </ul>	<p><b>Objective:</b> Toss and catch two objects.</p> <ul style="list-style-type: none"> <li>On the start signal, students toss and catch each object in the same hand.</li> <li>Challenge: Students toss and catch each object in their opposite hands.</li> </ul>
<b>Chair Catch Challenge</b>	<ul style="list-style-type: none"> <li>Students stand by their desks holding a bean bag or a balled-up piece of paper.</li> </ul>	<p><b>Objective:</b> Toss an object overhead and land it on your chair.</p> <ul style="list-style-type: none"> <li>On the start signal, students toss the bean bag over their head trying to have it land on the chair behind them.</li> <li>Challenge: Have students take a step further away from their chairs.</li> </ul>