Wake Up Your Brain



**intent:**

Engage participants in a community building activity as they move around their tables.

**OUTCOMES:**

* Participants will actively move around their table responding to movement prompts from the trainer as they practice various motor skills.
* Participants will experience how physical activity provides more oxygen to the brain, increases alertness, and can change moods.

MCBS00539A0000[1]**Materials Required:**

* Upbeat song – trainer’s choice
* Music player
* Safe space around tables to move

**Time:** 4-5 minutes

**Process:**

1. Invite participants to stand up, push in their chairs/bags/totes, and stand

behind their chair. Have everyone check to make sure they have a safe

path to move around their table.

2. Instruct participants that they will be doing various movements to a song

as they travel around their table (see music prompts on next page).

**OPTIONS:**

* Song prompts are suggestions. Feel free to change/modify as desired.
* Trainer can use a mix of songs rather than one song.

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| **Waking Up the Brain Music Prompts**  *Lead participants through the following movement activity as you start and stop the song prompting a new movement each time.* *Each movement should last about 15-20 seconds.* |
| 1. Tap on the table with one hand. 2. Tap on the table with both hands. 3. Tap the back of your chair. 4. Walk around your table and tap chairs as you pass them. 5. Turn around, march and clap your hands from side to side. 6. March and clap your hands at a high level and then at a low level. 7. March and clap your hands in front of you and then behind your back 8. Play patty cake with someone at your table. 9. Freestyle back to your chair and have a seat.   *After the song, have the participants repeat after you...*   * **Music moves me!** * **My brain is awake!** * **I’m ready to learn!** |