**Here are some activities you can do with students if you notice they are disengaged, getting bored or restless. These are meant to be quick (3 – 5 minutes) to help students refocus on the task.**

1. **Finger Thumb**

* Put your first together in front of your chest.
* Point your index finger on one hand and stick your thumb out on the other hand
* Now switch. And switch again.
* How fast can you go?

1. **Blink**

* Try to bling one eye while snapping on the opposite side’s hand.
* (In other words, blink your left eye while simultaneously snapping with your right hand. Then blink you right eye, while snapping your left hand.)
* Then switch.
* Try to alternate eyes and hands 15 times

1. **Arm Circles**

* Give yourselves arms length space – move safely & carefully!
* Extend your arms at your sides like a “T”
* Make large circles with your arms, by moving your right arm forward, and left arm backwards.
* When I say switch, switch the direction of your arm movements.

1. **Rock-Paper-Scissors Tournament**

* Students get into groups of two, and play rock-paper-scissors
* Rules: rock beat scissors, scissors beat paper, paper beats rock.
* The student with the best 2/3 plays wins.
* The winners compete against each other, until there is only 1 person standing.

1. **Rock-Paper-Scissors (With FEET!)**

* Rock – feet together
* Paper – feet spread apart
* Scissors – feet crossed
* Students get into groups of two, and play rock-paper-scissors
* The student with the most wins out of 7 plays wins.

1. **Stretch Break**

* Lead students in a stretch to loosen up, move around and release tension. Hold each move for 15-20 seconds.
* Arms
  + Both arms up in front of your body.
  + Both arms up over your head (elbows locked)
  + Extend your arms at your sides like a “T”
  + Cross right arm in front of chest.
  + Switch and cross left arm in front of chest.
  + Arms down.
* Legs
  + Stand on right leg. Pull left leg up to you chest.
  + *Switch* - Stand on left leg. Pull right leg up to you chest.
  + Put right heel in front and point toes up to ceiling. Place both hands on right knee.
  + *Switch* - Put left heel in front and point toes up to ceiling. Place both hands on left knee.
  + Stand on right leg. Pull left leg up by your ankle. Stretch quads.
  + *Switch* - Stand on left leg. Pull right leg up by your ankle. Stretch quads.

1. **25 High Fives**
   * Every student stands up.
   * Student walk around the classroom, and exchange names and high fives with 5 different people.
2. **Partner Count**
   * With a partner, stand fact to face.
   * Place your hands out in front of you, palms facing up.
   * Slap your partners hands –right to right, left to left, while counting by 2’s, 3’s, 4’s
   * Ex: partner one says 2-4, then partner two says 6-8… etc.
3. **Minute Master**

* Set timer for one minute
* Allow students to do an exercise for 1 minutes
* Options include: jumping jacks, jogging in place, knee lifts, squats, alternating leg lunges, or student choice!

1. **Shake It**

* Students can sit or stand. Students start with both arms above their head.
* Count down from 10 as you shake your right hand 10 times, then shake your left hand 10 times.
* Next shake your left leg 10 times, then shake your right leg 10 times.
* Repeat, and count down each time 9-1. Keep it interesting by speeding up how fast you count down!