

Breaks and brain breaks

QuTe - Copenhagen

Erasmus+

28th and 29th of march



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09:00 - Let's begin!



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09:45 - Break time!



10:00 - Break is over



Finger control!





Note for the exercise

- Fold fingers
- First: One student **points** and **touches** the finger to move.
- Next: One student **points** but does not touch the finger to move.
- Last: One student **tells** which finger to move.

11:30 - Lunch break!



12:00 - On your mark, get set, GO!



Shoot the rabbit!





Note for the exercise

- Let the students practice the two signs with the hands.
- Say it out loud: "Shoot, shoot, shoot the rabbit".
- When saying **rabbit** change the signs on the hands.
- Speed up the exercise.



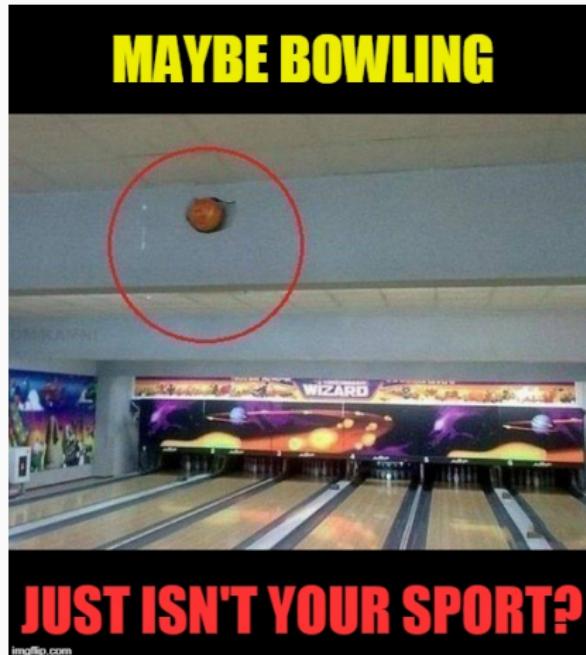
13:30 - Break time!



13:40 - Let's start again



14:25 - School's out - Next up
bowling



09:00 - Welcome back to the future!



09:45 - Break time!



10:00 - Break is over!



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The counting curse





Note for the exercise

- Split the class in two groups.
- Each group gathers in a circle facing inwards.
- Each group counts to 21 but only with one student may speak at a time.
- If two students speak at the same time the group must start over.
- If three or more students speak at the same time every student in the group must do 1-5 **burpees**.
- Make the groups do the exercise with eyes closed or similar challenges.

11:30 - Lunch break



12:00 - Let's start again.



Hold the paper





Note on the exercise

- The students should split up in groups of two.
- Each group should hold a piece of a4 paper between their hands. One hand from each group member.
- The exercise is now for the group to move the piece of paper down and in between each of the members legs without letting go of the paper.
- Variation: Form bigger groups which should in circles. Let the paper (or more papers) move between the legs around in the circle.

13:30 - Break time!



13:40 - Let's start again.



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14:25 - School's out - See you
tomorrow

