






**Note:** Centers can pick any activity from the component given below, one activity per day. On each day children must be given a 30 min break in between the curriculum. Centers can plan the schedule accordingly. Refer to sample schedule given under Summer Camp Guidelines.

### BRAIN QUEST - Memory and Concentration:

Activity	Description	Materials Needed
Breathing Exercise	<p><b>Dragon Fire Breaths:</b> Students shall interlace the fingers underneath their chin. Students shall inhale and lift the elbows up to frame the face. Students shall exhale, lifting the head up making a whispered 'hah' sound towards the sky, like a dragon breathing fire. Students shall lower the elbows back down to meet at the bottom again by the end of the 'hah' exhale.</p> <p><b>Hissing Breath:</b> Breathe in the nose, long deep inhale, and out the mouth on a hissing sound, slow and long. Extending the exhale will allow students to</p>	-

		<p>slow down their inner speed.</p> <p><b>Bear Breath:</b> Inhale through the nose, pause; exhale out the nose, pause. Breathe in to a count of 3 or 4, pause for a count of 1 or 2; breathe out for a count of 3 or 4, pause for a count of 1 or 2. Repeat a few times. This will help ground and settle kids.</p>		
    	<p>Juggling</p>	<ol style="list-style-type: none"> <li>1. Teacher shall cut out squares from sponge a day before.</li> <li>2. Students shall Try throwing one square up in the air at a time. Throw with one hand and catch with the other hand.</li> <li>3. Students shall add another square and keep practicing.</li> <li>4. Students shall add more squares to improve focus.</li> </ol> <p><b>Outcome:</b> Juggling improves eye-hand co-ordination, gross motor skills, cognitive skills. It also teaches problem solving and improves focus.</p>	<p>Sponge (cut into small squares)</p>	