



BOP, ZAP, ZOOM

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Gather your class in a circle. Students can remain seated. Option to stand for this activity if they can do so safely.
- Teach students the “bop, zap, zoom” moves.
- Call out the “bop, zap, zoom” moves below. Set a pace that challenges your class to work quickly against the clock but allows them to participate fully. Do as many rounds as time allows.
- Encourage distance learners to follow along at home.

Hello! I’m glad we are all here for our Total Brain Health “Brain Play.” These fast-paced workouts are an important way we can keep our thinking focused, quick, and nimble.

Today’s Brain Play is “Bop, Zap, Zoom.” I’m going to teach you some moves. Once we’ve mastered those moves, I’m going to call them out in different combinations. The goal is to make those moves as I call out the combinations. And as we get better, those combinations will get longer! We are going to go at a good pace, so get ready to move!

Bop. Demonstrate tapping both hands on both knees. Repeat “bop” move a few times as class learns the move.

Zap. Demonstrate clapping your hands together. Repeat “zap” move a few times as the class learns the move.

Zoom. Demonstrate extending arms straight up from the shoulders, towards the ceiling. Remind class to be gentle as they move, and to only extend their arms as much as they are comfortable. Repeat the “zoom” move a few times as the class learns the move.

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BOP, ZAP, ZOOM (CONTINUED)

BOP, ZAP, ZOOM MOVES

Bop	Zoom Zap Zap	Zap	Bop Zap Bop Zap
Zoom	Bop Zap Bop	Bop Bop	Bop Zoom Bop
Bop Zap	Zap Bop Bop	Zap Zap	Bop Zap Bop Zap
Bop Zoom	Zap Zoom Bop Bop	Zap Zoom	Zoom Zoom Zap Zoom
Zap Bop	Bop Zap Zap Bop	Zoom Zap	Bop Zap Zoom Bop Zap Zoom

Smooth moves, everyone! You are now all “Bop, Zap, Zoom” experts. Congratulations to us!



BOP, ZAP, ZOOM

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

We know that aerobic exercise boosts the brain's physical health and sharpens intellectual performance. But, did you know that physical activity has also been found to lower dementia risk?

BUILD YOUR BRAIN

Select a favorite song from your music library. Identify 3 words that repeat throughout the song. Connect each of these 3 words to one of the movements listed below. Once you have your word/movement associations, without looking at your list, listen to the song, and make the associated movement whenever the words are sung.

BOP. Tap both hands on both knees.

ZAP. Clap your hands together.

ZOOM. Extending arms straight up from the shoulders, towards the ceiling. Be gentle as you move, and only extend your arms as much as they are comfortable.

Fun, right? Try again with a different song and keep working out those cognitive and physical skills.