



# EXERCISE-A-RAMA

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.
- Choose a student to begin. Ask them to mime doing an exercise, such as hitting a golf ball or swinging a tennis racquet, etc. Have the group count to 10 and then switch to the next student who will continue the motion and add their own to the movement chain as the group begins again to count to 10. After the count of 10 the next student will go and so on, each student repeating the moves prior to their turn and adding their own move to the chain. Each student will have to keep their turn within the count of 10, so will have less time to complete the moves as the chain gets longer.
- When a student cannot repeat the movement chain, start again.
- Encourage distance learners to join in and take their turn from home.

**Hello! Research shows that working against the clock is an important way we can keep our thinking focused, fast and nimble. And these skills are essential to learning and remembering better! Let's get started.**

**Today's "Brain Play" is called "Exercise-a-Rama." As a group, we'll work in a circle, starting with (name of a student). (Student's name) will start us off by miming an exercise. For example, they might pretend to swing a golf club or swim the breaststroke. We'll count together to 10 and then the person to their right (next student's name) will copy their motions and add their own exercise move to the routine. We'll count to 10 for their turn and then the next person will go, repeating those first two moves and adding their own. We'll keep going around and see how many "exercise-a-rama" moves we can add to the chain until we can't keep it going. Then we'll start over! Ready?**



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## TAKE-HOME WORKSHEET

### TOTAL BRAIN HEALTH BRAIN PLAYS

Aerobic activity is one of the best things we can do for our daily intellectual performance. Studies show that regular workouts can boost attention, thinking speed, reasoning and memory.

### BUILD YOUR BRAIN

There are many ways we can workout our bodies and our brains. One fun way is to create a dance routine. Pick some moves from the popular dance steps below. Put them together in any order, repeating the ones you like. Remember the sequence you create. Then, go ahead and get your groove on. Turn up the music and show off your dance routine. If you need more stability, try them while you are seated.

#### “DANCE” PROMPTS

**THE SPRINKLER.** Bend your left elbow and put your left hand on the side of your head. Make your right arm straight and start moving it back and forth across your body to the beat of the music. Look, you’re a sprinkler.

**MACARENA ARMS.** Start by putting your right arm in front of you, parallel to the floor, hand down. Then do the same with your left arm. Turn your right palm upwards, then your left. Bend your right arm and put your right hand on your left shoulder. Place your right hand on your left shoulder so your forearms are crossed in an X shape. Next put your right hand on your head, then your left hand on your head. End the sequence by moving your right hand to your left hip, then your left hand to your right hip. Uncross arms and wiggle your hips side to side three times.

**THE POOL JUMP.** Act like you are jumping into the pool or ocean. Hold your nose with one hand and wave your free arm back and forth to the beat.

**SIDE LEGS.** Whether standing or seated, step to the right. Give a wiggle and clap. Next, step to the left and give another wiggle and a clap. Return to the middle with a double clap.

**THE CAN CAN.** While seated or holding a wall for safety, gently kick your right leg out, then place it on the floor. Repeat with your left leg. Repeat. Make a little “cha” sound in rhythm to your leg movements.