

 **WHAT IS IT? (RATIONALE)**

This activity is similar to “freeze.” It helps the children to gain control of their bodies and to get themselves under control. This activity will also help the children with visual acuity, especially focus.

 **ADAPTATIONS**

- ◆ Vary the noise or sign that is used.
- ◆ Vary the amount of time that any sign or noise is used in the day.
- ◆ Give something else as the reward for completing the task.
- ◆ Change the time frame for completing the task.

 **GETTING STARTED (PROCEDURES & MATERIALS)**

Every time that a sign or noise is made, the students are required to turn and stare at something that is a certain color. If they are all looking at an object within “X” seconds, they will be given 1 minute of another activity they enjoy at the end of the day (another Brain Breaks activity)

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You will need:
Some sort of noise or sign to start and any objects in the room which could be “called out”.

DOMAINS ADDRESSED



SEQUENCING



BALANCE



FLEXIBILITY



BEST EFFORT

BODY IMAGE
FOLLOWING DIRECTIONS
LANGUAGE

GENERAL
COORDINATION

SELF CONTROL
RESPECT
RESPONSIBILITY