



SPIN THE WHEEL

BRAIN BOOST STRATEGIES

LESSON PLAN

Purpose

Brain Boost activities are short bursts of movement meant to energize the body and brain. It refreshes our thinking and helps us discover another solution to a problem or see a situation through a different lens. Teachers need less than 5 minutes for these exercises to make an impact on learning.

Materials

- Spin the Wheel Instructional Video for Teachers: [Elementary](#), [Middle](#), [High](#)
- [Digital Activity Spinner](#) projected for students to see

Procedure:

- Teacher displays the Activity Spinner
- Teacher pushes the 'SPIN' button and an exercise is chosen
- Complete the exercise 10 times
- Spin again and complete a new exercise

Modifications:

- The Activity Wheel can be edited to change exercises by clicking the Copy This Wheel button



VIRGINIA
Chief Movement Officer



WWW.FAUQUIERFRESH.ORG