



# TIC TAC TOE

## 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

- Tic Tac Toe Instructional Video for Teachers: [Elementary](#), [Middle](#), [High](#)
- Paper & pencils/pens for students

#### Procedure:

- Each student creates a tic-tac-toe board on their paper or use the one provided
- Students fill in each of the spaces with any number from 1-20
- Students crumple their paper into a ball and hold it
- The teacher randomly picks a number from 1-20 or uses an online spinner to pick a number
- Students uncrumple their paper, check it for the number called, and mark it off if they have it
- All students re-crumple the paper and volley it in their hands or toss & catch as many times as the number called
- Repeat this game until you have a student who has won tic-tac-toe

#### Modifications:

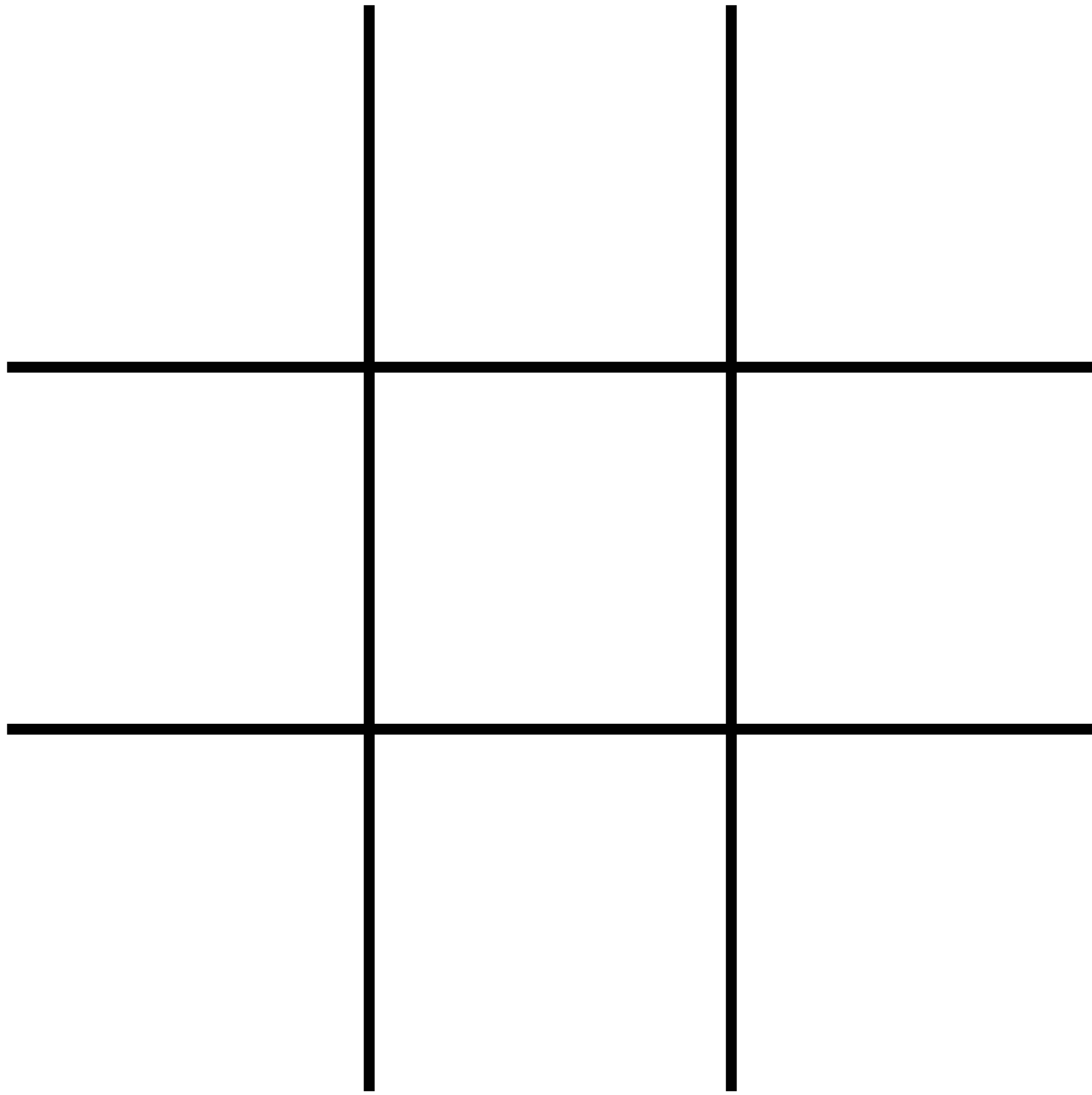
- This activity can be done standing or sitting
- Students can help choose the number
- The paper can be bounced on a knee or foot





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VIRGINIA  
Chief Movement Officer

