



1-2-3 SHOW

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

- 1-2-3 Show Instructional Video for Teachers: [Elementary](#), [Middle](#), [High](#)
- [List of Exercises](#)

Procedure:

- Show the list of five exercises numbered 1-5 or use the numbers page to choose your own exercises
- Pair students with a partner
- Students challenge their partner in a rock/paper/scissor manner, saying "1-2-3 Show!" while hitting their fist against the palm of the other hand
- On the word "show", partners will open their fist to show 1 to 5 fingers
- Pairs complete the exercise for the number shown by each partner, communicating with each other which exercise to do first
- After finishing the exercises, students switch partners and play again

Modifications:

- Students can choose to either stand or remain seated for this activity
- Change the exercises on the list





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EXERCISE LIST

Complete the exercises for the number shown by each partner:

1. 5 High Knees Cross Taps
2. 5 Arm Circles each direction
3. 5 Raise the Roofs
4. 5 Straight Leg Toe Touches
5. 5 Calf Raises



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1

2

3

4

5



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