



# CARD SHARKS

## 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

- Card Sharks Instructional Video for Teachers: [Elementary](#), [Middle](#), [High](#)
- Deck of Playing Cards
- [List of Exercises](#)

#### Procedure:

- The teacher shows the class a playing card
- Students guess whether the next card will be higher, lower, or the same as the current card by showing one of the following:
  - Guess Higher - thumbs up
  - Guess Lower - thumbs down
  - Guess the Same - thumbs to the side
- The teacher then shows the next card; students complete one of the following actions based on their guess:
  - Correct Guess - do a victory dance
  - Incorrect Guess - do 5 squats.
- Repeat the activity
- In this activity, 10 is less than Jack, Jack is less than Queen, Queen is less than King, and Ace is the highest card

#### Modifications:

- The movements for correct and incorrect guesses can be changed each round

