



Balance Challenge

BALANCE CHALLENGE

BRAIN BOOT STRATEGIES

CLASSROOM APPLICATION

"This gives their brains a true break, and I see more attentiveness in the lesson after taking the break."

Recommendations

- Add content to the balance challenge such as skip counting or naming states and capitals while balancing.
- Have a friendly competition to see who can balance the longest.
- Use this strategy as a movement filler while passing out papers or materials.



VIRGINIA
Chief Movement Officer


fresh
WWW.FAUQUIERFRESH.ORG