



PICTURE FITNESS

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

- Picture Fitness Instructional Video for Teachers: [Elementary](#), [Middle](#), [High](#)
- [Picture Fitness Video for Students](#)
- Projection equipment or SmartBoard

Procedure:

- Turn on the video and project where visible to all students
- Students act out the movements that they see

Modifications:

- Students can choose to stand or stay seated to complete the activity
- The video can be used in its entirety (approx. 4 min.) or stopped when teacher determines time is up
- Students can contribute their own ideas for movements.



VIRGINIA
Chief Movement Officer

