



# ALASKA

## 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

- Alaska Instructional Video for Teachers: [Elementary](#), [Middle](#), [High](#)
- [List of Exercises](#)

#### Procedure:

- This game is a version of rock, paper scissors. Choose an exercise to complete for each round
- Challenge a partner by holding hands out in a 'rock, paper, scissors' type of manner
- Say '1 - 2 - 3 Alaska' as they hit their fist into the palm of their other hand
- On the word 'ALASKA' students show one of the following:
  - Bear - bear claws up
  - Salmon - palms of hands together, moving like a fish
  - Mosquito - place the back of one hand on your forehead with one finger pointing out (bzzzzzzzz)
- The following is true:
  - Bear eats Salmon
  - Salmon eats Mosquito
  - Mosquito bites bear
- Winning player does favorite dance move or an exercise of their choice. Losing player does 10x the exercise for that round
- Students switch partners & continue another round with a new exercise

#### Modifications:

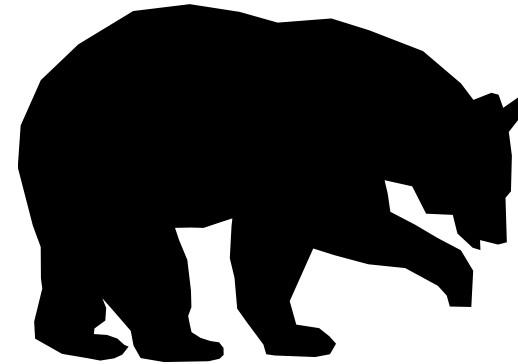
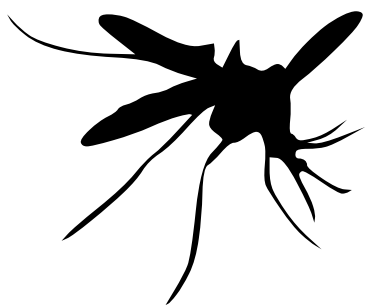
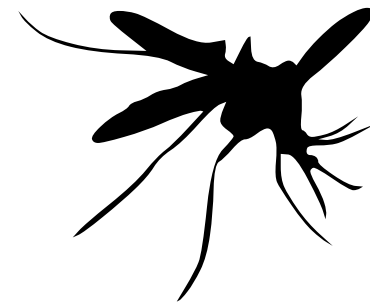
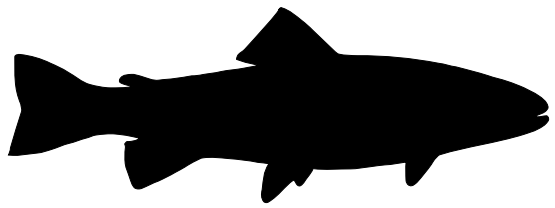
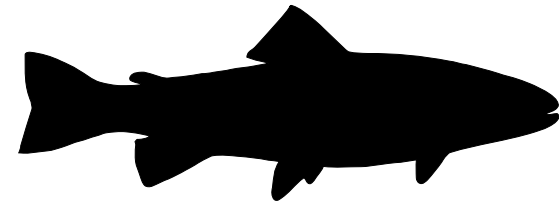
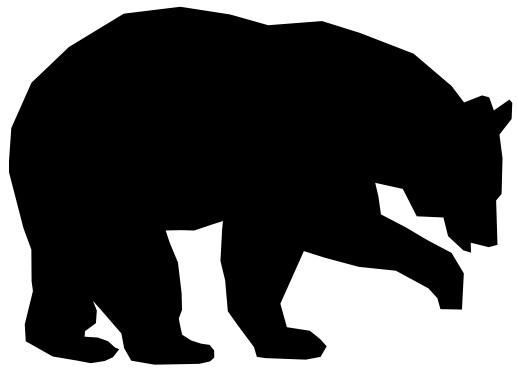
- Incorporate ideas from Virginia instead of Alaska
- Students help create the list of exercises to perform





# ALASKA

## BRAIN BOOT STRATEGIES



**WIN:**

**LOSE:**

**TIE:**



VIRGINIA  
Chief Movement Officer



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