



Balance Challenge

BALANCE CHALLENGE

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

- Balance Challenge Instructional Video for Teachers: [Elementary](#), [Middle](#), [High](#)

Procedure:

- Students stand with adequate space around them
- Stand on one foot with opposite foot raised for up to 30 seconds
- Switch legs and repeat on the other side
- Set a regular time to complete the Balance Challenge daily

Modifications:

- Place a hand on a desk or wall for stability
- Increase or decrease time balancing as needed
- Hands can be on hips, raised to the side, or raised overhead while balancing



VIRGINIA
Chief Movement Officer

A graphic of a rainbow-like arch made of small, multi-colored squares above the word "fresh" in a bold, dark blue font.
fresh
WWW.FAUQUIERFRESH.ORG