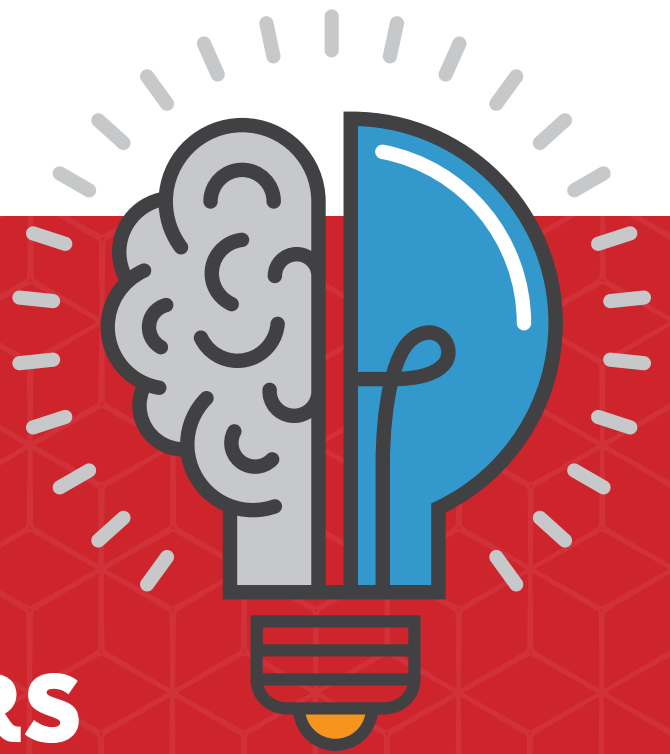


## TEACHER'S GUIDE

ENERGIZE YOUR CLASS WITH THESE

# FUN AND EDUCATIONAL BRAIN BOOSTERS



Get students stretching, jumping, moving, laughing, and learning all about healthy habits. Here's what you'll find in this brain booster kit:

-  20 brain booster activities
-  Fascinating facts to share
-  Fun add-ons
-  Colorful badges to post outside your classroom door

Ready to get started? Here's what to do.

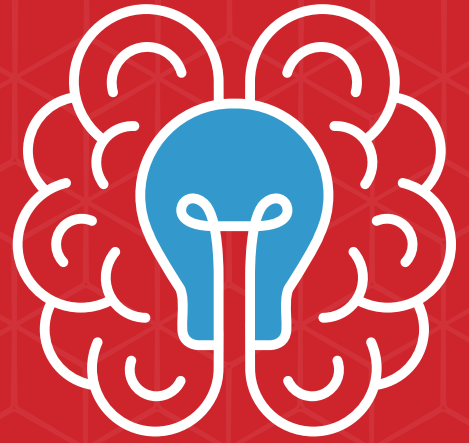
1. Select a quick and fun brain booster activity. You'll find a variety to choose from; all require only basic classroom materials so you won't need to prepare items in advance.
2. Glance over the simple directions, then lead students in doing the activity. Spend just a few minutes doing the activity and provide a welcome break during the day.
3. Once you're done, check off the activity on your tracking sheet. Cut out the badge for the activity and post it outside your classroom door to show others what students are learning and doing.
4. Review the Just for Fun activity. If time allows, invite students to try this activity too. Otherwise save it as a five-minute filler for later in the day, on the way to the playground, or just before the school day wraps up.
5. Be sure to share the quick facts at the bottom of the page. Read these aloud or write them on the board, and encourage students to share them with friends and family. In your class newsletter or your next email to families, encourage families to ask students what they've learned about physical activity, tobacco use, and so forth and include a few of these facts.

Add to the fun by launching a classroom competition to see which class completes the most activities each week, and ask your principal to give a shout-out to the winners during the morning announcements. Plus, use brain boosters to reward your class for a job well done, such as 100% homework completion, powering through a tough topic, or finishing a unit or test.

Once you've tried a variety of activities, have students take turns choosing one each day to repeat. They'll look forward to doing their favorites all year long!

To add extra fun after you've done all of the brain boosters once, print an extra copy of the badges, cut them apart, and place them in a bag. Invite a student to randomly select one from the bag (without peeking!) to be the brain booster for the day.

Engage students' curiosity with this display. As you complete each brain booster, use the badge to start forming a letter in a word like HEART, HEALTH, HAPPY, HELP, or KIND. Keep adding to the letter until it's formed, then start on the next letter in the word. Challenge students to try to guess the word before all of the letters are formed. Keep going until the word is completed—then start all over again! To mix things up, next time make a heart, smiley face, or other simple shape with the badges or work to do enough brain boosters so that the badges go the whole way around your classroom door.



**ZAP  
that Salt!**



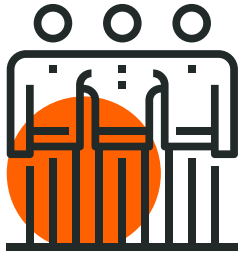
**Eat the  
Rainbow**



**Make a move  
for Kindness**



**Got to Move**



**Here to  
Help**



**Just Say NO!**



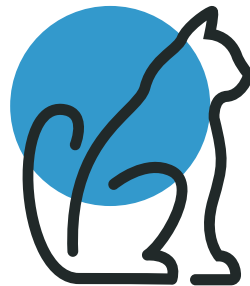
**Do a Speedy  
Switch**



**Up, Down,  
Stop, Go**



**Ride the  
Wave**



**Cat and Mouse**



**Sound the Alarm**



**Mix it Up**



**Gettin' Silly**



**Harvest Time!**



**Shake it Out**



**Hoola Hoop Hoopla**



**Heart  
Tune Up**



**Pass it On**



**The Beat  
Goes On**



**Fitness Jam**