



Move and Learn

Get ready...

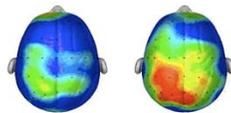
(REMEMBER THE PRIZES!)

Switch-a-roo Brain Teasers

- Everyone Stand up

- As we go through the list, complete the action as described – Are you successful?

- Everybody ready???



Child and Adult Care Food Program (CACFP) Summit

Simple Activities to Engage the Brain

Thumb and Finger Switch- right hand make a fist and put your thumb up, left hand make a fist and point index finger out. When you are told to switch, point your right index finger out and then put your left thumb up. Keep switching and get faster.

Hand Movement

Start by waving your right hand in front of you left to right. Your palm should be facing away from you while keeping your hand with your fingers pointing up.

Now stop that hand and have your left hand in front of you waving it up and down.

Now practice moving them at the SAME TIME. Do not move your hands going diagonally.

Now switch to have your right hand up and down and your left hand left and right. Do this faster and switch often to make it more difficult.

Nose and Ear Touch- Touch your right index finger to your nose, touch your left index finger to your right ear. When you are told to switch, touch your left index finger to your nose and your right index finger to your left ear. Keep switching and get faster.

Trading Places Have students stand behind their pushed-in chairs. Call out a trait and everyone who has that trait must change places with someone else (students who do not have the trait stay where they are). Examples:

"Everyone with curly hair."

"Everyone who ate cereal for breakfast."

Everyone who is wearing stripes."

Everyone with Blue eyes

Short hair