

Snap & Wink



Brain break

1-3 minutes



Instructions

This activity can be used to regain pupils attention, focus and encourages them to use co-ordination. Ask the pupils to stand behind their chairs and snap their fingers. Then ask them to and wink. Now combine the two.

Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity.
- Ensure pupils leave stationary on the table.
- Remind pupils of their own spatial awareness.
- Give clear instructions.

Teacher Tips

This activity is suited to all ages.

Foundation: If pupils cant wink, they can blink both eyes. If they cant snap their fingers, they can pat their leg with their hands. Try left and right sides. See if you can create a rhythm.

Key Stage 1: Try winking and snapping at the same time on the same side, then change. See if you can create a rhythm for them to copy.

Key Stage 2: Try opposite sides first, and to increase difficulty the teacher could call out actions and test reaction times e.g. left snap and wink, blink, snap both hands.