
Brain Breaks

Have you ever zoned out during a training? Found yourself drawn to your phone rather than paying attention to a program? Chances are your 4-H youth feel the same way. Our brains are geared to learn in pulses, with young learners optimized with 15 minutes of direct instruction, and adult learners doing best with 25 minutes of direct instruction. By taking brain breaks throughout programs, your 4-H youth and volunteers will better comprehend programs and lessons being delivered. These breaks should only take 2-5 minutes.



Rock Paper Scissors: This hand game is played between two people, in which each player simultaneously forms one of three shapes with an outstretched hand. These shapes are "rock" (a closed fist), "paper" (a flat hand), and "scissors" (a fist with the index finger and middle finger extended, forming a V). After a count of three, the players "throw" their selection.

- Paper beats Rock
- Rock beats Scissors
- Scissors beats Paper

ABC - 123:

1. Stand Up
2. Use your index finger and write a large "A" in the air out in front of you and at the same time say out loud the number "1".
3. Now use your index finger and write a large "B" in the air out in front of you and at the same time say out loud the number "2".
4. Continue writing the letters in the air and saying the numbers out loud as far as you can go or until the end of the alphabet.

Extra Challenge: Alternate saying the letter and then the number.

The Finger Crab:

1. Stand Up
2. Put your arms out in front of you and match your fingers from each hand together and then match your thumbs together.
3. Put lower your middle fingers so that the knuckles touch. Keep them flat against each other.
4. Un-touch and retouch your thumbs.
5. Un-touch and retouch your index fingers.
6. Un-touch and retouch your ring fingers.
7. Un-touch and retouch your pinkies.

Blink

1. Stand Up.
2. Blink your left eye and snap your right hand finger and thumb at the same time.
3. Now blink your right eye and snap your left hand finger and thumb at the same time.
4. Go back and forth as fast as you can.

Ear Nose Switch

1. Stand up.
2. Take your right hand and grab your left ear. Keep your right arm close to your body.
3. Take your left hand and touch your nose.
4. Uncross your arms and move your left hand to your right ear and your right hand to your nose. Your left arm should now be closest to your body.
5. Switch back and forth as fast as you can.



Thumb War and Peace

1. Thumb War is easy: Simply lock fingers together and then tap alternately with your thumbs to the chant: "One, two, three, four, I declare a thumb war". Then you can get started with the war. The first person to pin the others thumb down for three seconds so they can't move it is declared the winner.
2. Thumb Peace: Lock your fingers together. Work together to outline the numbers 0-9 with your thumbs one at a time. Thumbs will need to work together while making each number so you will have to decide who will be writing the number forwards and who will write it backwards.

The Wave

1. Stand Up.
2. 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.
3. Now stop that hand and have your left hand in front of you waving it up and down.
4. Now practice moving them at the SAME TIME. Do not move your hands diagonally.
5. 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.
6. Lastly, to increase the difficulty, have your arms crossed while doing this

Bet You Can't Do These

1. Put your arm out in front of you with your index finger extended. Try to spin your wrist slowly in one direction and your index finger in the opposite direction.
 2. Roll your neck in one direction while at the same time moving your tongue around the inside of your lips in the other direction.
 3. While spinning your right toe in a clockwise direction take your right hand index finger and draw the outline of a 6 in the air.
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