

individual

## Ear and Nose Switch

**You will be trying to switch your hands from your ear to your nose.**

1. Stand up.
2. Take your right hand and grab your left ear. Keep your right arm close to your body.
3. Now 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.



## Finger Aerobics ripple

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**This activity will move your fingers on both hands in a ripple effect.**

1. Stand up.
2. Make an X with your arms out in front of you. Move your palms to face you with your fingers up in the air.
3. You will be “triggering” two fingers at a time. Triggering is when you pull your finger like you would pull the trigger of a spray bottle.
4. Here is the order that you will be doing this:  
Right-Index and Left-Pinkie  
Right-Middle and Left-Ring  
Right-Ring and Left-Middle  
Right-Pinkie and Left-Index
5. Now do this same sequence in reverse order.
6. Try to do this as fast as possible to make a rippling effect.



## I Bet You Can't Do This

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**Here are three activities that most people can't do.**

*All three of these are done in a standing position.*

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.

Roll your neck in one direction while at the same time moving your tongue around the inside of your lips in the other direction.

While spinning your right foot toes in a clockwise direction take your right hand index finger and draw the outline of a 6 in the air.

Idea from Rory Lynch



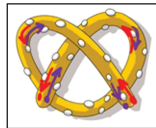
## Pretzel Stretch **fists**

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**You will be stretching and outlining a pretzel with your fists.**

**Preparation:** Draw a pretzel on the board like the one shown.

1. Stand up.
2. Put your hands clasped together in front of you to make a fist.
3. Imagine that your fist is at one of the end points of the pretzel. Keeping your hands together, draw the outline of a pretzel. You will be stopping and reversing directions at each end point of the pretzel. Try to do this as fast as you can.
4. Now outline a huge pretzel that touches the ground and stretches over your head in the same way as before.



## "T" Stretch

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**This is a toe touching stretch.**

1. Stand up.
2. Put your arms straight out at shoulder height like a T.
3. Keeping your arms straight, try to bend down to touch your left hand to your right toe. Your right hand should be high in the air. Hold for a count of five and return to standing position.
4. Now bend down and touch your right hand to your left toe for a five count. Repeat.

**Be careful not to hit the person next to you when you are stretching your arms out.**



## Touch Your Fingers Behind Your Back

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**This is a brain break that will help you stretch your arms and shoulders.**

1. Stand up.
2. Reach one arm straight up into the air and move it forward and backward to stretch your shoulder. Now bend your elbow so your arm goes behind your head to the middle of your back. Move your elbow back and forth to stretch your arm and shoulder. Keep that arm there.
3. Take your other arm and point it straight down to the ground. Reach it behind your back to try to touch the fingers of your other hand.
4. Now repeat Steps 2 and 3 starting with your other arm up. Not too many people can touch their hands in both directions.



## X Bob and Wiggle

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**You will be making an X with your arms and bobbing one hand while wiggling another.**

1. Stand up.
2. Make an X with your arms out in front of you.
3. Bob your right hand up and down.
4. Next take and wiggle your left hand from side to side. Keep the same beat as your other hand.
5. Once you've mastered this, try adding your left toe bobbing to the same beat as your right hand.
6. Once you have mastered this, try to wiggle your left hand at a faster pace than your right hand.

