

BrainBlitz

Research shows that physical activity affects the brain in ways that allow participants to be more engaged, focused, and ready to learn. Use the BrainBlitz cards for a movement break during learning, as an opportunity to improve attention, or to engage the team for a workplace wellness challenge! Completed in just 5-10 minutes, BrainBlitz features activities that can be used in limited indoor spaces, large indoor spaces, and outdoor spaces, all with minimal or no equipment.

Ideas for Instruction:

- Consider using music that is appropriate to the age of the participants and the type of activity.
- Instruct participants to perform each activity at a level suitable to their fitness and comfort level, and to stop the activity if they feel discomfort or pain.



MEDITATION
AND
RELAXATION



DANCE
AND
RHYTHM



MOVEMENT
AND
PHYSICAL
ACTIVITY



BALANCE
AND
YOGA



LIFE
SKILLS

Not for Distribution

BrainBlitz

Safety Considerations

Be sure to follow your facility's safety requirements. Here are a few suggestions to help keep your activity safe:

- Activity surface must provide safe footing and traction and be free from hazards and obstacles.
- Centre all activities in the activity area to allow for a "safety zone" of at least 1 m from the walls.
- Instruct participants to be aware of their surroundings and other participants moving throughout the activity area.
- Position any audio equipment a safe distance from moving participants.
- When doing tag-style games, a tag is a gentle touch on the back or arm, not a push, punch, slap, or grab.

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Opeha is a not-for-profit organization that champions healthy, active living in schools and communities through quality programs and services, partnerships and advocacy, and is led by the vision that all children and youth value and enjoy the lifelong benefits of healthy, active living. www.opeha.net

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Mirror Travel



EQUIPMENT Slow tempo music

SET-UP Participants are divided into pairs and stand a safe distance apart from the other pairs in the activity area.

ACTIVITY

- Play music with a slow tempo. Have partners demonstrate different ways to move their bodies in response to the music (e.g., walk, slide, squat, stretch).
- Pairs determine who is Partner A and Partner B.
- Partner A becomes the leader and Partner B becomes the follower. Partner A leads Partner B through their chosen locomotor movements. Partners should move so slowly that it would be hard to tell who is leading and who is following as they attempt to move at the same pace. Partners are not allowed to speak.
- Partners may complete the activity standing beside each other or across from each other.
- Challenge partners to switch who leads and who follows, without communicating verbally.
- To make it more difficult, partners can complete the activity across the room from each other.

