



BRAIN BREAK ACTIVITY

GOTCHA!!!

Energy – Medium

Equipment – None

Duration – 3 minutes

Students stand in a circle facing inwards.

Students place their left hand out flat, palm up, to their left side.

Students point to their right index finger and place it into the outstretched palm of the person to their right.

On ‘GO’ students attempt to grasp the index finger of the student on their left, whilst simultaneously escaping the attempted grasp of the student on their right.

‘GO!’

Source: Institute of Positive Education

