



Active Learning

By Melinda Bossenmeyer, Ed.D.

Body Parts Brain Breaks

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Body Parts Brain Breaks

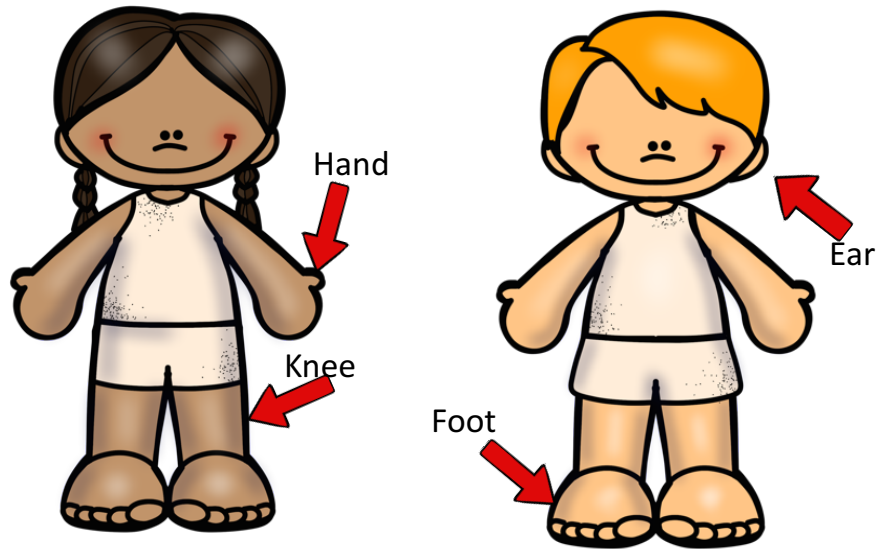


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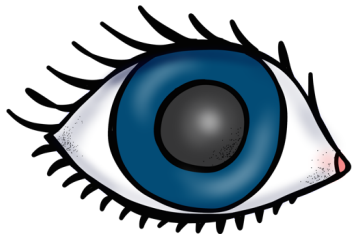
Directions

1. Laminate cards
2. Cut cards apart at dotted lines.
3. Put on ring.
 - *Students act out each card and identify body part.*



EAR ACTIONS

- Listen
- Point to both
- Inside ear
- Outside of ear
- Cup hands over ears



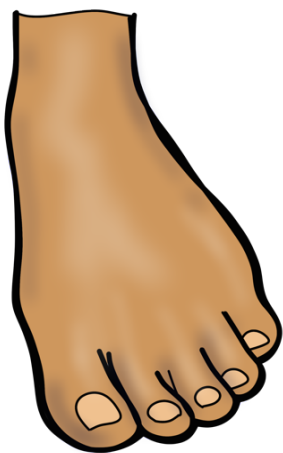
EYE ACTIONS

- Blink
- Look up
- Look down
- Close your eyes
- Wink
- Look to side



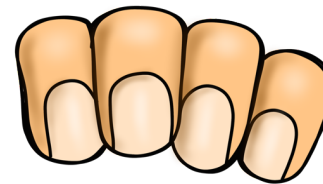
FINGER ACTIONS

- Bend
- All fingers up
- Make a fist with fingers



FOOT ACTIONS

- Kick
- Stand
- Hop on foot
- Turn circle on one foot
- Point toes



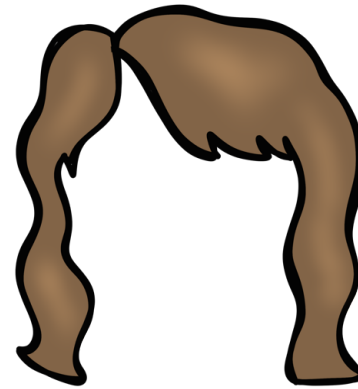
NAIL ACTIONS

- Bend
- Straighten
- Touch thumb to finger



FACE ACTIONS

- Wink
- Smile
- Frown
- Say "Oh"
- Say "Mm"
- Raise brows



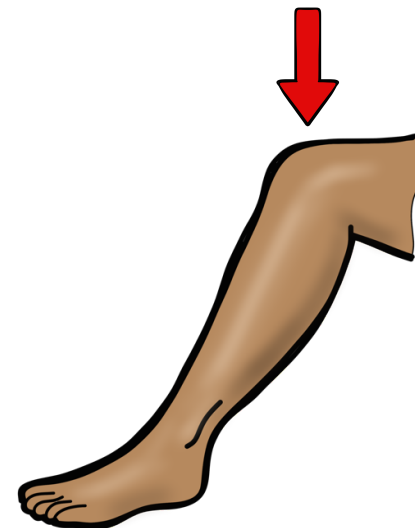
HAIR ACTIONS

- Touch hair
- Longest hair
- Shortest hair
- Wind hair around finger



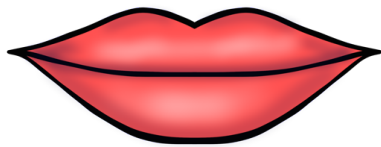
ANKLE ACTIONS

- Bend
- Lift
- Lower
- Turn circles
- Inside ankle
- Outside of ankle



KNEE ACTIONS

- Bend
- Kick up
- Straighten leg
- Knee bends



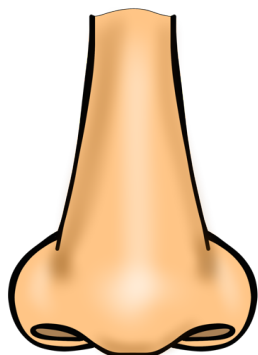
LIPS ACTIONS

- Smile
- Frown
- Say "cheese"
- Mad look
- Say "Oh"



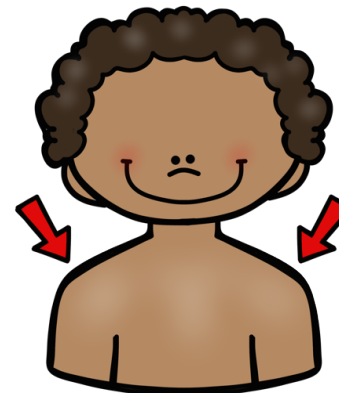
LEG ACTIONS

- Bend
- Kick
- Lift
- Lower
- Circle leg-lf
- Circle leg-rt



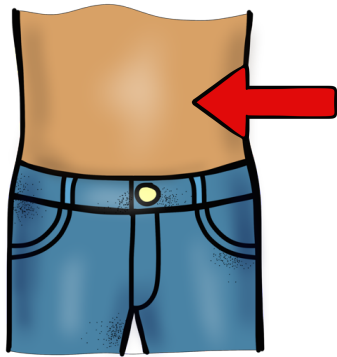
NOSE ACTIONS

- Wrinkle
- Nose to knee
- Nose to elbow



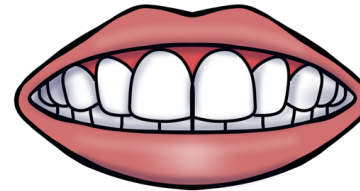
SHOULDER ACTIONS

- Shrug
- Lift shoulder up
- Roll shoulders back
- Touch shoulder blades



STOMACH ACTIONS

- Bend
- Circle
- Twist



MOUTH ACTIONS

- Bend
- Wave
- Smile
- Show teeth
- Pucker lips



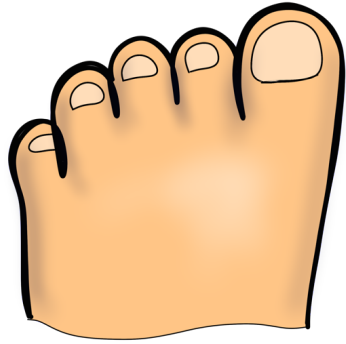
THUMB ACTIONS

- Bend
- Circle
- Lift
- Lower
- Thumb to fingers



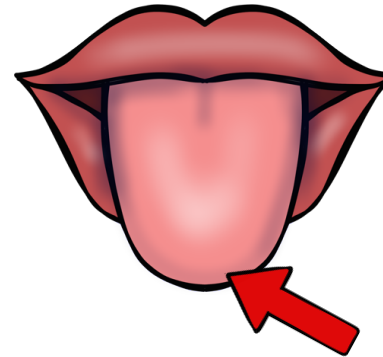
HAND ACTIONS

- Open
- Wave
- Close
- Open & close



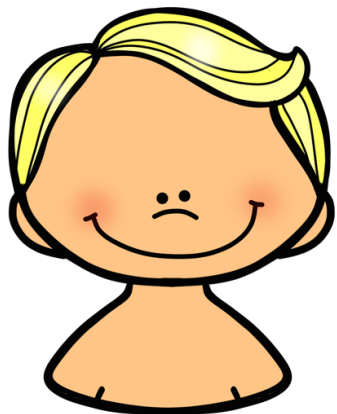
TOE ACTIONS

- Bend
- Lift
- Straighten
- Point toes like ballerina



TONGUE ACTIONS

- Bend
- Wave
- Stick out your tongue



HEAD ACTIONS

- Shake
- Nod yes
- Nod no
- Bend to front-and-back
- Bend side-to-side



FINGER ACTIONS

- Bend
- Wave
- Wiggle fingers
- Touch finger tips

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