**The BrainDance (Class Leader #1): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***\*Lead your peers in the BrainDance at least three times next week to keep it familiar to everyone.***

**Breath:** breathe in and out slowly (4 times), and then inhale and exhale quickly for 1 count (4 times)

**Touch:** brush each arm, then the head, then the face, then the front of the body, and the back of the body. Repeat this with a “pat,” then a “gentle squeeze,” then a “light tap” (rain).

**Expand & Contract:** make a big “X” and stretch the arms, then get as small as possible. Alternate between the two (4 – 8 times).

**Spine:** bobble the head, then the shoulders, then the middle of the spine/ribs, then the hips, then the whole body (add in slow motion once the whole body is moving, and then speed it up – add in the arms if you’d like).

**Right and Left Sides of the Body:** move the right leg and arm out to the side, and then the left arm and leg out to the side. Alternate between the two sides 8 times. If you can, do one type of movement on the right (example: sharp) and another kind of movement (example: smooth) on the other.

**Upper and Lower Body:** plant the feet and move the upper body as much as possible (example: paint the room) then put hands on the hips and move only the feet (example: march, slide, bounce, etc.)

**Opposite Sides of the Body:** touch the right hand to the left knee and the left hand to the right knee (you can do this standing or leaning over). Do this 8 times and keep it slow and relaxed.

**Spin and Stand:** turn quickly three times to the right and then jump to stillness until dizziness goes away. Repeat this to the left.

**Finish:** breathe in and out three more times (big breaths!) to center the body and the mind and ask everyone to return to their seats.

**The Cue (Class Leader #2): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***\*Lead your peers in the drum rhythms to keep the “call to attention” familiar to everyone. Do this at least three times next week (with your teacher’s direction and approval for when it occurs).***

Clap a rhythm (no longer than two seconds) and have your peers clap it back to you. Clap three simple rhythms in a row, asking your peers to clap each back to you clearly and in the same tempo and beat pattern. Work with your teacher to know when it is appropriate to get everyone’s attention and with her permission use this.

**The Collector (Class Leader #3): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***\*Remind your peers about the homework they need to complete and answer questions they might have about it. Remind them of the deadline for these, collect these assignments (encourage early submission), and give these to your teacher when you have them all.***