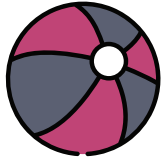


# ARTS-FOCUSED BRAIN BREAKS



Fill a beach ball with air and on each division, write an arts element (ie: texture, line, space, weight, etc). Shout out a topic or idea you are working on in class and then bump the beach ball in the air. The student who catches it gets to choose one of the elements on the ball and share a reflection on the topic through the arts element he/she chose.

## BEACH BALL ELEMENTS

## FIND IT FAST

Call out 3 items (like something silver, something soft and something with jagged edges). For each item you call out, give students 5 seconds to find and bring back that item. Then, give students 1 minute to create a sculpture out of those 3 items.

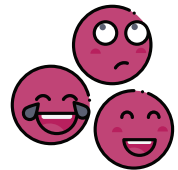


Pair up students. One person in the pair hums the beginning of a song and the other person hums the ending. Switch roles and repeat. Then, switch partners.

## YOU COMPLETE ME

## FACE ME

Create a set of index cards with various emotions or expressions written on them. Divide the class in half. One half creates a circle with their backs towards the inside. The other half creates a circle that faces the other students (creating concentric circles). Give an index card to each student on the inner circle. They may not look at it. Inside circle people hold up their card for their partner to see. The partner must create the emotion or expression using just their bodies/faces. The inner circle partner must guess what is on their card from the acting of their partner. Once completed, pass the cards down the circle 3 people and repeat.



On strips of paper, write down elements of movement, such as fast, slow, heavy, zig zag, high, low, etc). Place the strips of paper in a hat or bag and turn on some music. Draw out a piece paper at random and read the element. Students perform a dance move to the music that shows that element. Repeat.

## BUST A MOVE