

Hand Shake Challenge

With a partner
Shake right hands
Shake left hands
Right hand fist bump
Left hand fist bump
Turn around (360)
Right hand hammer tap up/down
Left hand hammer tap up/down
Cross arms and do a High Ten
Jump three times
Double fist bump
High Ten
Now repeat the sequence as fast as you can

Gotcha Energizing Brain Break

Get everyone to stand in a circle, with their arms out either side. Tell people to put their left palm up, and right finger pointing down (touching the person next to them's outstretched palm). When you say the word "GO", people need to do two things:

1. Grab the person's finger in your left hand
2. Prevent your right finger from being grabbed

If your finger is grabbed, you are out, you join others who are out in another circle and continue. The game continues until there is a winner or it can be done as a fun competition with everyone still involved. The key to this game is adding a bit of drama and suspense around when you say "Go". eg count down, add a big delay, use music to start and stop etc.

Hand Shake Challenge II

With a partner
Right hand high five
Left hand high five
Right elbow touch
Left elbow touch
Right hip touch
Left hip touch
Right foot touch
Left foot touch
Right high five, swing arm, and slap hands by the hip
Left high five, swing arm, and slap hands by the hip
Now repeat the sequence as fast as you can