



Brain Builder 1: Follow Along

Preparation

Have children stand, leaving enough room to move.

Rules

- **Rule 1 is, watch what I do.**
- **Rule 2 is, do the same thing.**

Steps

1. Face children.
2. Do a motion.
3. Wait for all children to do the same motion.
4. Repeat Steps 2 and 3 with a different motion (see suggested motions below).

Tips

- Play the game for only a few minutes at a time.
- Play the game at least twice a day.
- Add more complex motions and challenges as children become more adept at the game.
- Use the game to get children's attention for transitioning between activities.
- Add props, such as streamers, shakers, or rhythm sticks.

Suggested Motions

Simple

Put both hands on a body part
Stand up tall
Squat down low
Make your body wide
Make your body small
Clap your hands
Turn around
Do knee bends
Stomp your feet

Complex

Put each hand on a different body part
Make big/small circles with your arms/feet
Draw figure eights with your arms/feet
Swing alternating arms
March in place
March on tiptoe
Put your right hand on a left body part and vice versa
Balance on one foot

Increasing the Challenge

Attention (A), Working Memory (WM), Inhibitory Control (IC)

- Use complex motions. (A)
- Repeat the same motion a certain number of times. Have children do the same. (A, WM)
- Do two or more motions in a row. Have children do the same. (A, WM)
- Use a verbal prompt with or instead of a motion. (A, WM)
- Have children wait to move until after a verbal prompt. (A, WM, IC)