

For this Bright Idea, the teacher (or even a student) would give a fun command, something like “Move like you're swimming in a pool full of Jell-o” or “Run in place like a bear is chasing you” and the rest of the class would act it out. The focus for the original lesson is helping younger students understand verbs.

A quick, easy, and fun activity, this Seed Starter could be used to introduce or review the idea of verbs, adverbs, adjectives, sentence structure, or just about anything. Another adaptable lesson, it could also be used in other core classes to get students out of their seats for a second and could use sentences that reflect the subject matter.

### Creative Learning Lesson Plan

**Name:**

Brain Break - Sentences

**Core subject:**

Language Arts

**Art practice or principle:**

Dancing/moving

**Age group:**

Any

**Collective Values points (Creativity Wheel):**

I can use things I have already learned to help me. As a child listens to the teacher reading the sentences, they have to know what a verb is and the verb she is saying. They also have to know the situations to act out what it is saying. If you don't know what happens when a bear comes after you, then you will do something different than someone who is scared of a bear.

**Learning outcomes:**

This is reviewing of things students already know about. They know what the verbs are in the sentence. The students should be able to act as the sentence says to.

**Duration:**

This is a 5 minute activity.

**Materials:**

All you need is the bodies of a child.  
Sentences the teacher has.

**Description:**

The teacher will tell the students to all stand up. She reads a sentence to the class. The students need to act out each sentence for 30 seconds. There is about 10 sentences for them to act. This will then get them ready for a lesson in English about verbs or whatever topic it may be.

**Extension 1:**

You could use sentences that have to do with other core subjects.  
Another thing you could do is have the students create their own sentences and then you could use those instead.

