

ADULT BRAIN BREAKS

Brain breaks are short activities designed to keep people mentally focused and prepared. They help to energize or relax a group to increase mental capacity. Brain breaks should be inclusive, meaning everyone should have the opportunity to participate, which may cause you to alter activities to meet the ability or needs of a group. The time it takes to complete a brain break will alter depending on group size and ability.

Slap Count

Time: 2 minutes

Stand up and face your partner with palms facing up. One person takes a hand and slaps the diagonal hand of their partner saying "1." Then take the other hand and slap the diagonal hand of their partner and say "2." The other person continues. You can slap one or two numbers. They continue until they get to 21. Whoever says 21 wins.

Electricity

Time: 10 minutes

Have the group sit close together in a circle with their hands on the table in front of them, palms facing down. Have participants move their hands, intertwining each arm with the person next to them so that one hand of the people on either side of them is in between their own two hands. Start the game by tapping a hand on the table, and move clockwise throughout the circle, having the next player tap their hand on the table. Taps should be visible and audible to all players. If someone taps their hand two times, quickly and clearly on the table, the direction of tapping is reversed. If anyone raises their hand off the table out of sequence, that hand is then placed behind their back, and the process of elimination begins.

Gotcha!

Time: 5 minutes

The object is to try to grab another person's finger on one side of you, while at the same time avoid being grabbed by the person on the other side of you. Have students stand up and form a large circle. Each should hold out their left hand with their palm flat and facing up. Now have students take their right-hand index finger and point it directly into the palm of the person to the right. When the teacher counts to three, the students try to grab the person's finger that is in their palm, and at the same time, avoid being grabbed by the person they're pointing to.

6 Degrees of Separation

Time: 15 minutes

Have everyone find a partner and make a list of 5 things they have in common (examples: likes, dislikes, experiences). Once the list is completed, each person finds another person in the room who has one of those 5 things in common. With this new partner, a new list of 5 common things is created. Continue until each person meets 5 new people, or until time is called by the facilitator.

Answers

Time: 10 minutes

Put participants in groups of 3-5 people. Each person will have a turn to give answers. The first person starts by saying a short answer such as "red." Group members guess what question goes with that answer, such as "what is your favorite color" or "what color is your car." Each group member gives three answers.



Trading Places

Time: 10 minutes

Have the group stand in a circle, and nominate one person to be in the middle. The person in the middle states their name and a fact about themselves (likes, dislikes, hobbies, experiences). Anyone in the circle who has this in common with the center person needs to move from their spot in the circle, and find somewhere else to stand, taking another player's spot who also has this in common with the center person. The center person is also finding a spot to take in the circle. The last person left without a spot in the circle is then the center person, and they state their name and a new fact about themselves. This process is repeated until everyone gets a chance in the center.

Knock-Knock

Time: 3 minutes

Have each participant go around the room to tell their favorite joke. Cell phones are allowed for research!

Acknowledging Team Members

Time: 5 minutes

This brain break works for groups who work together often. Each person goes around the room to point out something positive or above-and-beyond another person in the group has done to accomplish the group's goal. You continue going around the room until all people have spoken, and all people have been acknowledged for their hard work.

Animal Sounds

Time: 3 minutes

This is a great activity if you need to form smaller groups. Tell each person to make the sound of an animal of their choosing, then they need to find others in the room making the same animal noise as them. This game gets loud, but also gets people out of their shells and ready to talk.

Drawing telephone

Time: 10 minutes

Have participants get into groups of about 10 people and stand in a straight line, one person behind another. The facilitator will decide on one drawing for all the groups and draw this on a piece of paper. The facilitator will then go to the end person of each group's line and draw this drawing on their backs. Without saying anything, they then attempt to draw the same drawing on the back of the person in front of them in line. This process continues until all backs have been drawn on. The last person to feel the drawing is then given a piece of paper and utensil to draw what was drawn on their back. Once all groups are done, compare their final products to the facilitator's drawing.

For more brain breaks, go to...

<http://wilderdom.com/games/Icebreakers.html>

<https://www.icebreakers.ws/>

<https://www.snacknation.com/blog/boost-productivity-meetings-icebreakers-games/>

<https://icebreakerideas.com/best-icebreaker-games-adults/>

<https://www.thebalancecareers.com/top-ice-breakers-1918426>

<https://funattic.com/icebreaker-games-for-adults/>

<https://www.signupgenius.com/groups/group-icebreaker-activities-adults.cfm>

<https://www.projectmanager.com/blog/20-icebreakers-make-next-meeting-fun>

<https://www.thoughtco.com/classroom-ice-breaker-31410>

