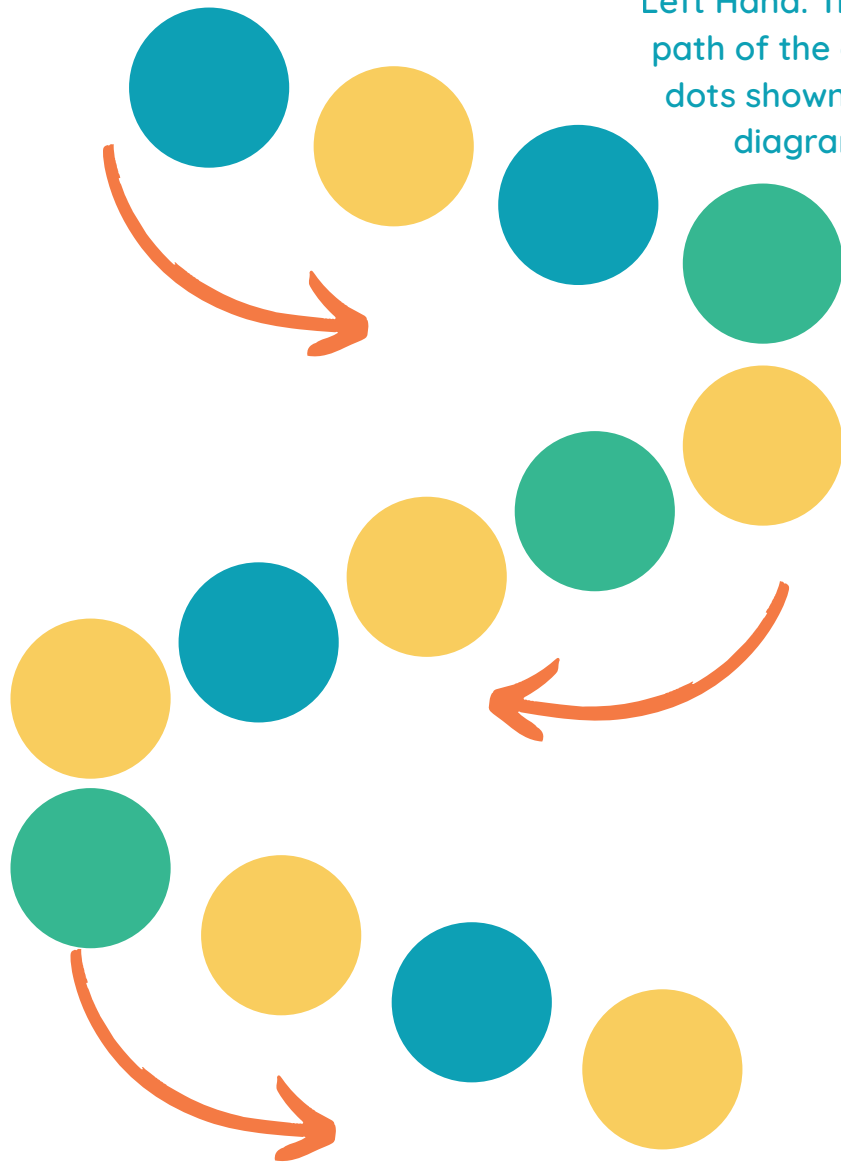


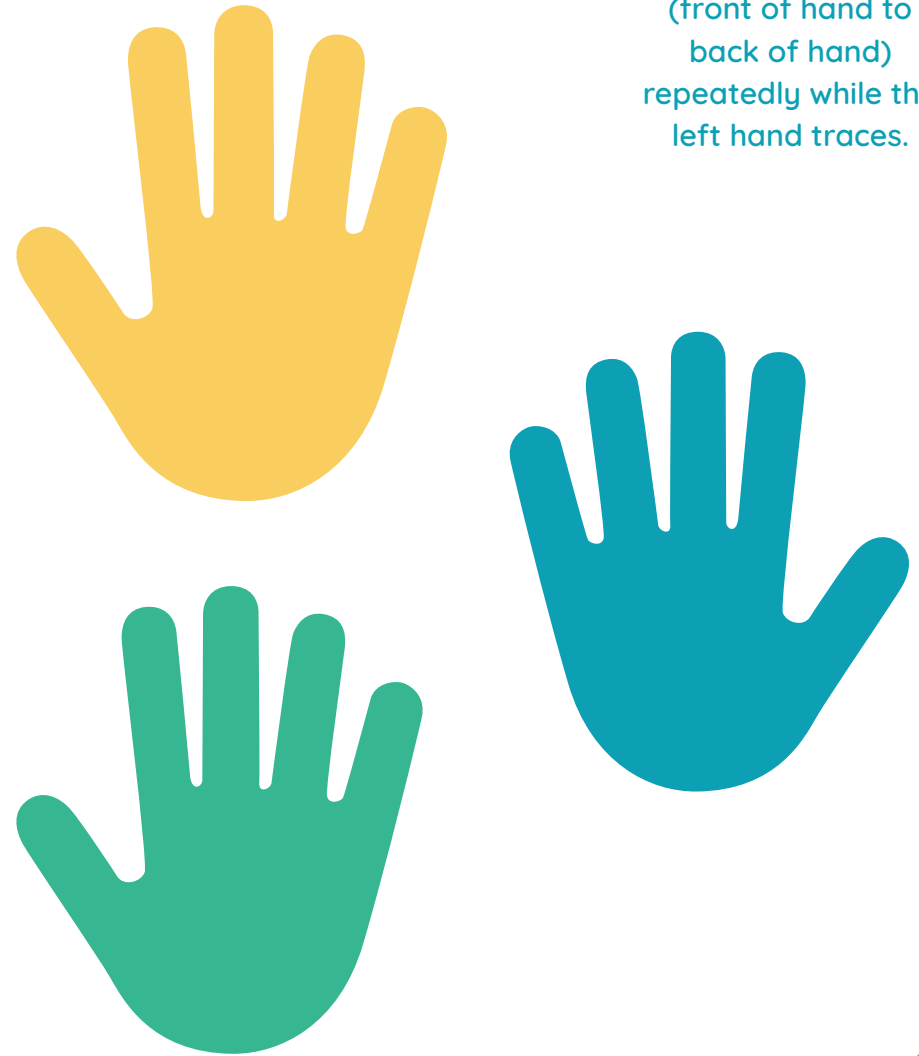
Brain Boosting Brain Break

Left Hand: Trace the path of the circular dots shown in the diagram.



Left Hand

Right Hand: Flip your hand back and forth (front of hand to back of hand) repeatedly while the left hand traces.



Right Hand

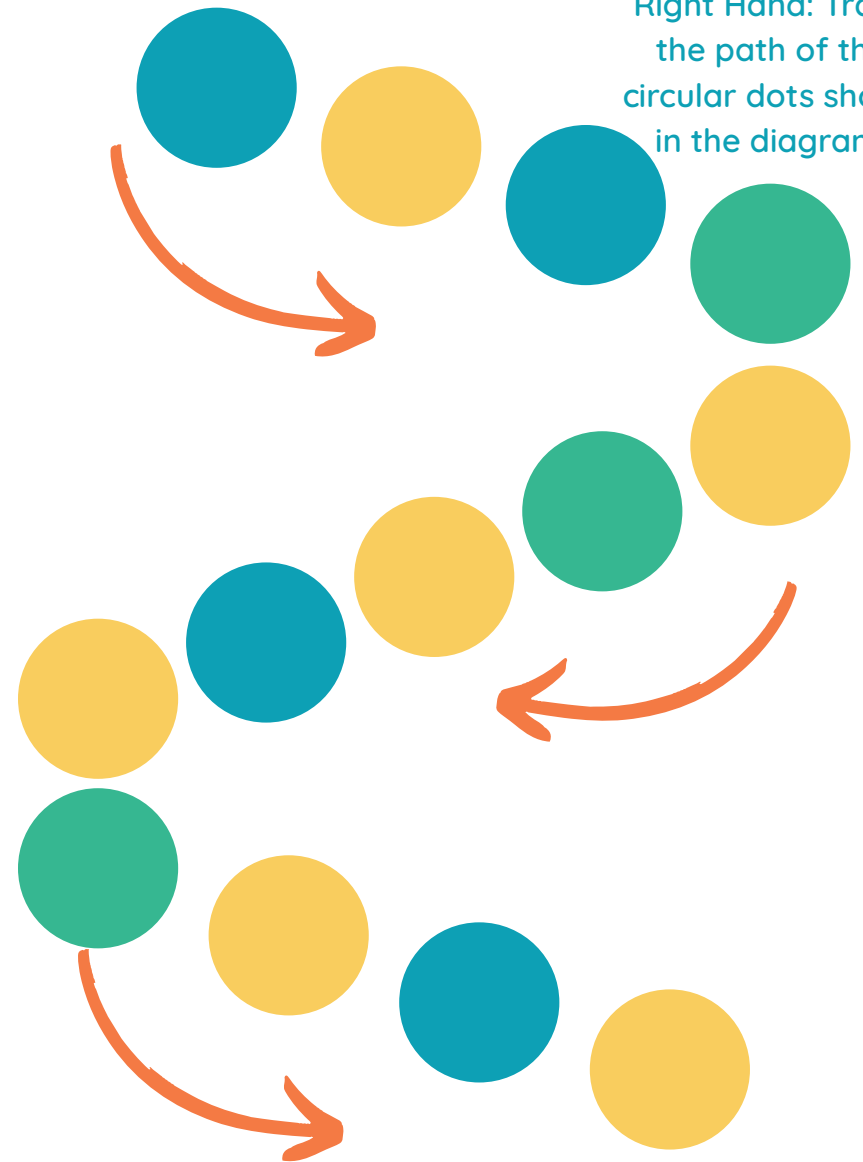
Brain Boosting Brain Break

Left Hand: Flip your hand back and forth (front of hand to back of hand) repeatedly while the left hand traces.



Left Hand

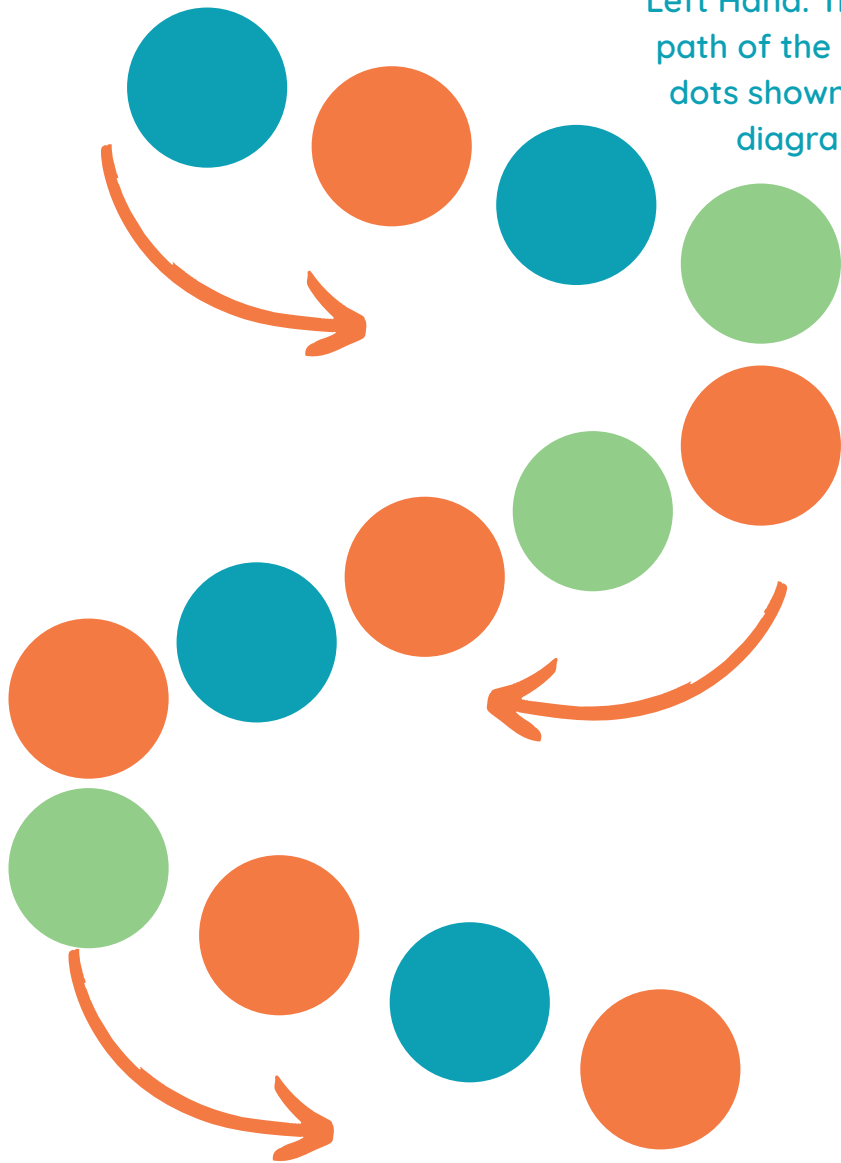
Right Hand: Trace the path of the circular dots shown in the diagram.



Right Hand

Brain Boosting Brain Break

Left Hand: Trace the path of the circular dots shown in the diagram.



Left Hand

Right Hand: Perform this sequence:

1. Draw a circle in the air.
2. Draw a straight vertical line.
3. Finish with your palm held out flat.

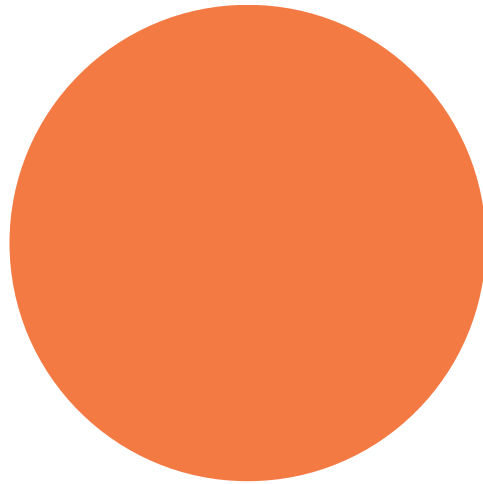
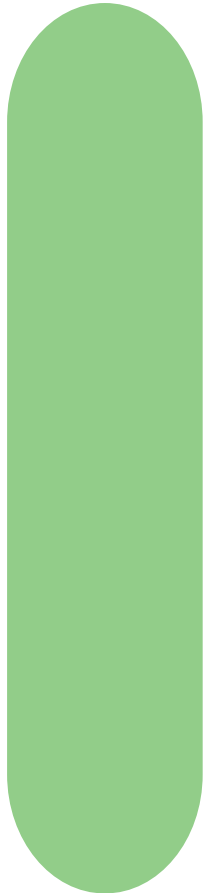


Right Hand

Brain Boosting Brain Break

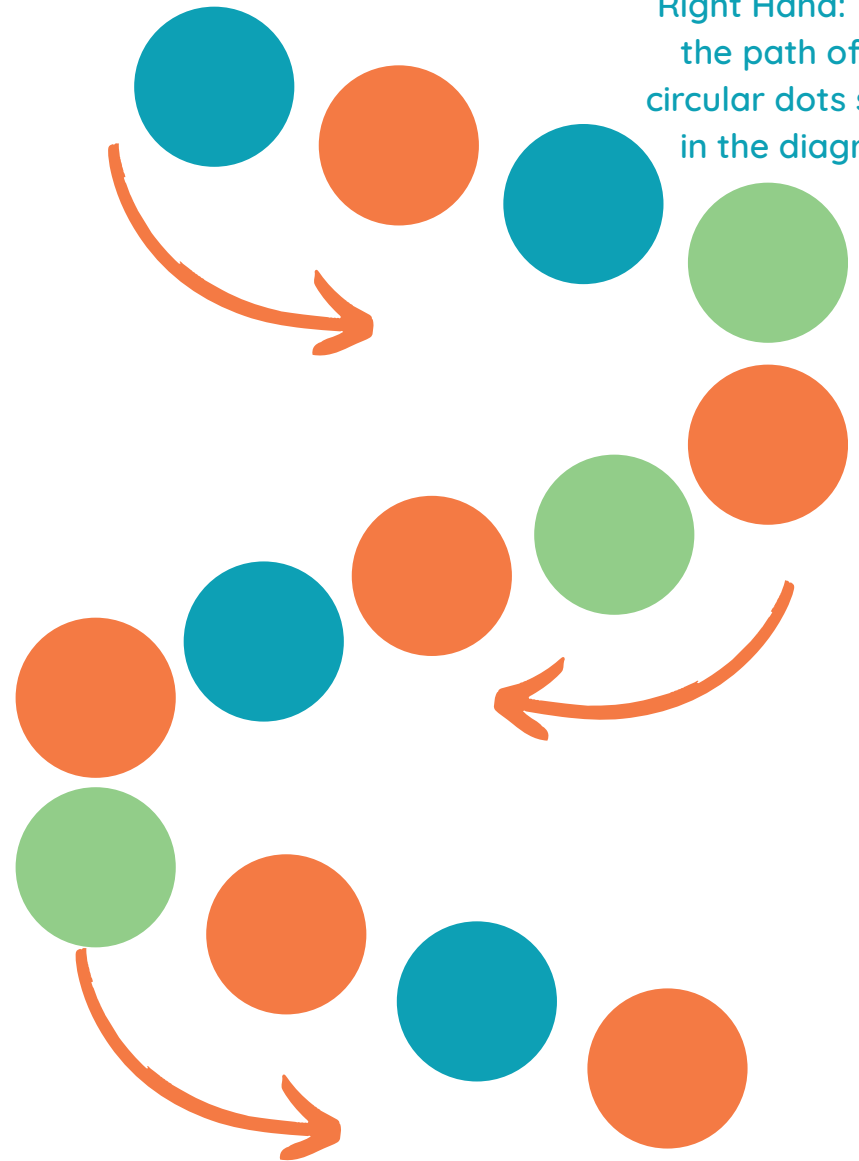
Left Hand: Perform this sequence:

1. Draw a circle in the air.
2. Draw a straight vertical line.
3. Finish with your palm held out flat.



Left Hand

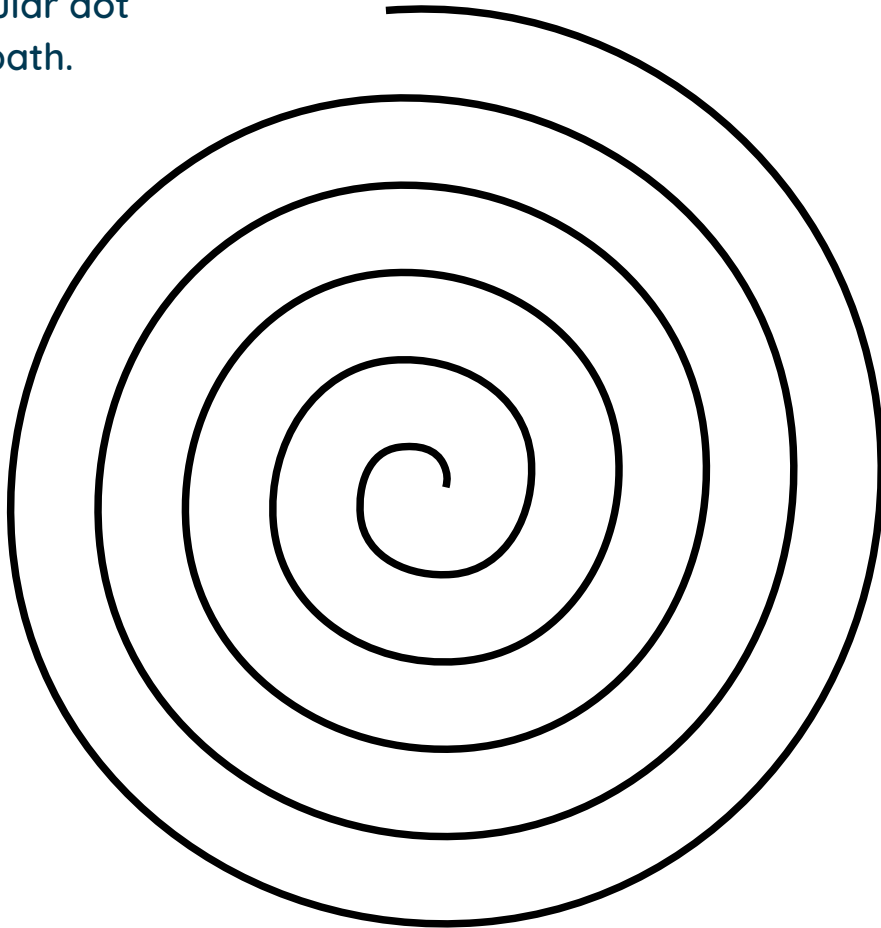
Right Hand: Trace the path of the circular dots shown in the diagram.



Right Hand

Brain Boosting Brain Break

Left Hand:
Trace the
circular dot
path.



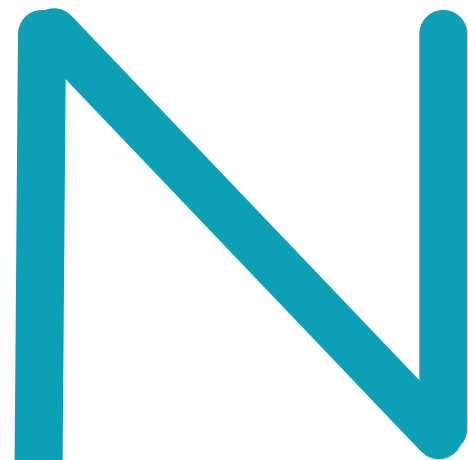
Left Hand

Right Hand:
Trace the
zigzag path.



Right Hand

Brain Boosting Brain Break



START

Left Hand



START

Right Hand

Start with both hands placed on the starting dots.
Follow the paths shown for each hand at the same time.
Move slowly at first, then increase speed as you get comfortable.