



second step Brain Builder Game: Dance Double

WHAT?

Brain Builders are active, fun games with specific rules and steps.

They include ways to increase the challenge.

They give children the message that their brains can get stronger and smarter with practice and effort.

WHY?

Brain Builders look like simple games, but they do a whole lot more.

They develop the parts of children's brains that help them pay attention, remember, and have self-control.

WHO?

Brain Builders can be played with children ages three to eight.

In this age range, children's skills are rapidly developing, so it's the perfect time for extra practice.

WHERE?

Brain Builders can be played often and at any time, either inside where children have room to move, or outside.



Get Ready

1. Have children stand, leaving enough room to move.
2. Tell children to listen to the rules:
 - **Rule 1 is, watch me do the dance.**
 - **Rule 2 is, do the exact same dance!**

Play the Game

1. Stand and face children.
2. Perform a series of movements.
3. Have children repeat the same series of movements.
4. Play another round and increase the challenge!

Movement Suggestions

Pat shoulders
Squat down
Make body small
Make arm circles
Wiggle like jelly
Do knee bends

Stomp feet
Touch toes
Make body wide
Make ankle circles
Balance on a foot
Wiggle fingers

Turn around
Reach up high
Make body tall
March on tiptoe
Swing arms
Clap hands

Increase the Challenge

- Have children perform the same series in reverse order.
- Have children wait five seconds before performing the dance, then freeze in the final position until you say, “Melt!”
- Have children name the body parts as they use them to dance. For example, “I’m marching on tiptoe!”

Tips

- Play the game for only a few minutes at a time.
- Play the game at least twice a day.
- Have children take turns leading the game.
- Increase the challenge as children get better at the game.