



second step Brain Builder Game: My Turn, Your Turn

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 name and touch the body parts.**
 - **Rule 2 is, stand still and wait for me to say “Your turn” before you name and touch the same body parts.**

Play the Game

1. Face the children.
2. Name and at the same time touch two body parts. Students stand still and wait.
3. Say: **Your turn.** Students name and touch the same two body parts.
4. Repeat Steps 2 and 3 with other body parts

Mixed-Up Rules

Direction	Action
Touch your ears	➤ Touch your elbows
Touch your hips	➤ Touch your knees
Touch your toes	➤ Touch your shoulders
Touch your nose	➤ Touch your ankles

Increase the Challenge

- Increase the wait-time before you say “Your turn.”
- Say the directions in a quiet voice.
- Name and touch three or more body parts.
- Have the students touch the body parts in reverse order
- Add a mixed-up rule, such as one from the list above.

Tips

- Remind children to use their self-talk to remember which body parts to touch: **Saying the two body parts to yourself while you are waiting for me to say “Your turn” can help you remember them.**
- 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.