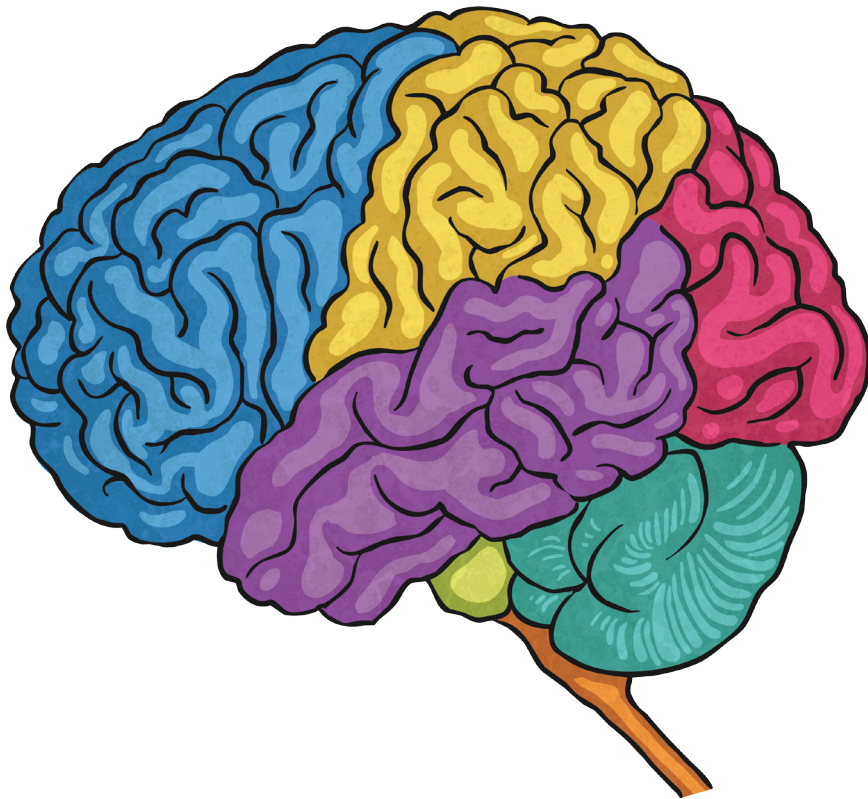


Brain Exercise

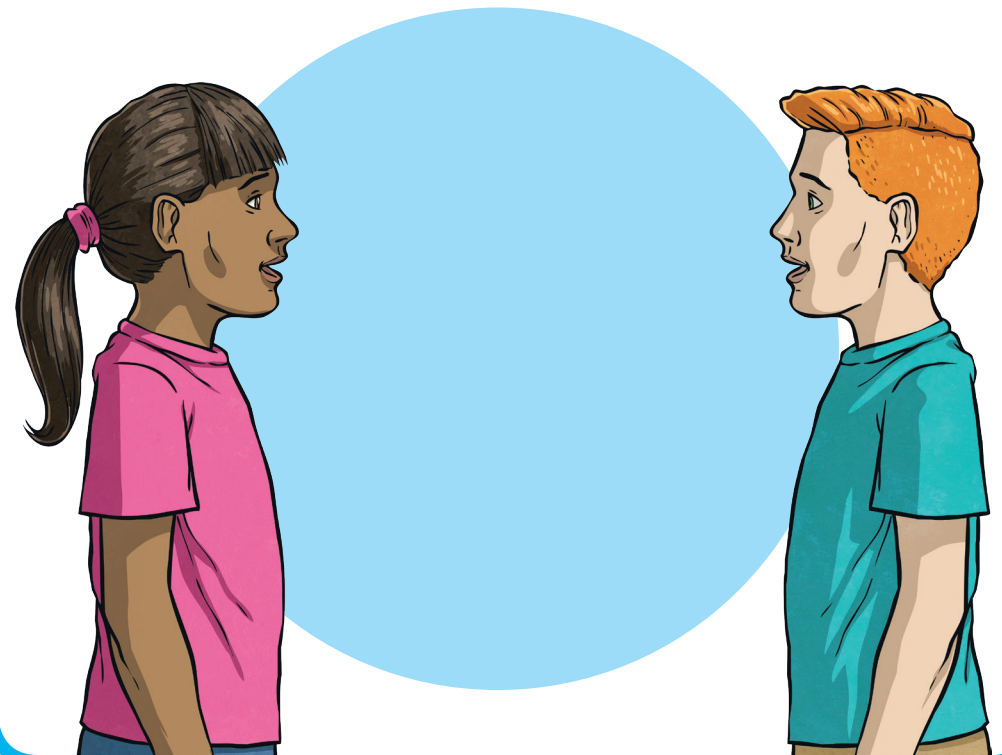


Brain Exercise Cards

Stage One:

- Stand to face a partner.
- Decide who will start.
- Taking it in turns, count 1, 2, 3 and repeat, e.g.

Partner A – 1	Partner B – 2	Partner A – 3	Partner B – 1
Partner A – 2	Partner B – 3	...	



Brain Exercise Cards

Stage Two:

- Decide who will start.
- Taking it in turns, count 1, 2, 3 and repeat BUT instead of saying '1', clap your hands, e.g.

Partner A – clap	Partner B – 2	Partner A – 3	Partner B – clap
Partner A – 2	Partner B – 3	...	



Brain Exercise Cards

Step Three:

- Repeat as above but stamp your foot instead of saying '2', e.g.

Partner A – clap	Partner B – stamp foot	Partner A – 3	Partner B – clap
Partner A – stamp foot	Partner B – 3	...	



Brain Exercise Cards

Stage Four:

- Repeat as above but nod your head instead of saying '3', e.g.

Partner A – clap	Partner B – stamp foot	Partner A – nod head	Partner B – clap
Partner A – stamp foot	Partner B – nod head	...	

