



Brain Boogie Boosters

BRAIN BOOGIE BOOSTERS

By The Learning Station & Dr. Becky Bailey

Refrain:

Fold your left arm across your chest. Fold the other one that's left.
With your pointer and your thumbs, Pinch your ear lobes, squeeze them some.
Slowly squat down with your knees and while you're bending, in you breathe.
Stand back up and out you breathe. Now let's all pick up the speed.

Brain Boogie Boosters, now find a friend, hop to it.
Get side to side, we'll do it. Brain Boogie Boosters,
We'll help each other through it. This is how we do it.

Repeat Refrain

Brain Boogie Boosters; now find a friend hop to it.
Get back to back, we'll do it. Brain Boogie Boosters,
We'll help each other through it. This is how we do it.

Repeat Refrain

Brain Boogie Boosters do it again.
Down - up **(2x)** This is how we do it.
Brain Boogie Boosters do it again.
Down - up **(2x)** This is how we do it.

It's time now to rest where you stand,
Breathing in real slow and then we'll let it go.
It's time now to let go of the worries.
We're not in any hurry, so breathe. (Breathing sound)





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The brain is designed to allow most learning to disappear from memory. We must provide children with fun brain breaks. A good brain booster motto is “too much, too fast, won’t last!”

The position that you are initially directed to be in is the ultimate daily Brain Booster. You will be directed to get in that same position even after you find a friend to do it with. Back to back and side to side makes it fun. Stand still, rest and breathe at the end.

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