

# BRAIN BLASTER RESOURCES

## 1) GoNoodle

- Short, desk-side physical activities
- Help teachers manage their classroom and improve student performance
- Cost: FREE!



## 2) Fitness Dice

- Two die are provided. One has exercise instructions and the other provides the number of reps for each activity.
- Cost: Free or < \$20



## 3) Aerobo Circuit

- Poly dots that can be used to promote exercise in classrooms.
- Each dot has an activity associated with it.
- Cost: Create your own or \$57.99 for a set of 10.



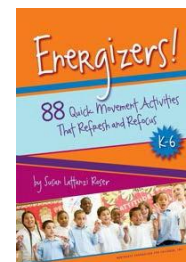
## 4) ABC for Fitness

- A manual that provides instructions for teachers to incorporate short bursts of activity into their classrooms.
- Cost: FREE!



## 5) Energizers!

- Teacher's manual that provides instructions for integrating physical activity with academic concepts.
- Cost: FREE!



## 6) Teach, Train, Love

- Resource created by teachers for teachers
- Compiles videos organized by topic focusing on dance and exercise activities.
- Cost: FREE!



## 7) Jammin' Minute

- Resource provides quick and simple workout routines
- Can be performed desk-side or sitting in a chair
- Cost: FREE!



## Brain Blasters Videos:

For the entire Brain Blasters YouTube channel click the following link:

<https://www.youtube.com/channel/UCNb6xQ5JMLrtg5copikhWzA>

For Brain Blasters Videos of the Week click below:

- [The Disco Map](#)
- [GoNoodle Dance Break](#)
- [My Perspective on Brain Blasters](#)
- [Movement and Rhyme](#)
- [Teachers Perspective on Brain Blasters](#)
- [Classroom Management Strategies](#)
- [Fitness Dice](#)
- [Exercise Sticks](#)
- [Moves and Grooves](#)
- [Why I Love Brain Blasters](#)
- [Jack Hartmann's Rockin' Nursery Rhymes](#)