**Title**

Activate! Activity Cards

**Time**

Pre-session preparation for learners: 5 minutes

Session:  6 to 25 minutes

**Materials Checklist**

Activate! Activity Cards

Card #4 – piece of paper or a sock

Card #6 – shop rags, veggie bags, or sock balls and music

Card #10 – gym tape

Card #11 – stack of playing cards

Card #12 – piece of paper and workbook/notebook

Card #15 – sock ball, bean bag, or tennis ball

Card #16 – review questions

Card #17 – written test, pencil, note card with answers

Card #18 – content questions

Card #19 – spelling list or content area facts

Card #20 – pencil, slips of paper, sock balls

Card #21 – Clever Catch Ball or Beach Ball, Marker

Card #22 – Chinese Jump Ropes

Card #24 – vocabulary or concept topics

**Objectives**

Define and learn how to perform Brain Boosters

Define and learn how to perform Integrated Physical Activity

**Learners will be able to:**

Define and perform a Brain Booster

Define and perform Integrated Physical Activity

**Exercises and Activities to Complete Before and During the Session**

Brain Booster

Integrated Physical Activity

**Pre-session Preparation**

**Read (5 minutes)**

Activate! Activity Cards

**During the session**

**Present/Review (5 minutes)**

Choose to read Participants the definition of: a *Brain Booster* (Card #2) and/or *Integrated Physical Activity* (Card #14).

**Discuss (1 to 20 minutes)**

Follow the directions on cards #3 to 13 to perform *Brain Booster* activities.

Follow the directions on cards #15 to 24 to perform *Integrated Physical Activity*.

Follow the directions on the backs of the cards #3 to 24 for Physical Activity Adaptations.

Refer to Card #25 for a Resource List.