

Brain Builder 3: Stop and Start



Preparation

The symbol you'll need to play this game is on the following page. Photocopy it before you play the game.

Have children stand, leaving enough room to move.

Rules

- **Rule 1 is, when I say "Start," move in your own space.**
- **Rule 2 is, when I say "Stop," show me the stop pose.**

Steps

1. Model the stop pose for children (see suggested stop poses below).
2. Say: **Start**. Children move in their own space.
3. Say: **Stop**. and show the stop pose. Wait for all children to show the same pose.
4. Repeat Steps 2 and 3.

Tips

- Play the game for only a few minutes at a time.
- Play the game at least twice a day.
- Use the same stop pose all day or all week.
- Increase the challenge as children become more adept at the game.
- Use the game for transitioning between activities. Say: **Stop** to get children's attention. Then say: **Start** _____ (cleaning up, lining up for recess, moving to a different center).

Suggested Stop Poses

Simple

Put both hands on a body part
Stand up tall
Squat down low
Make your body wide
Make your body small

Complex

Put each hand on a different body part
Put your right hand on a left body part and vice versa
Make shapes with your hands/arms
Make letters with your whole body
Balance on one foot

Increasing the Challenge

Attention (A), Working Memory (WM), Inhibitory Control (IC)

- Add an action to the "start" direction: **Start** _____ (walking, hopping, crawling, stretching). (A, WM)
- Propose different forms of locomotion (train, airplane), animals (bird, dog), and so on, for the start action. Have children propose stop poses to match. (A, WM)
- Model a sequence of two or more actions for the stop pose. (A, WM)
- Say: **Stop** without showing the stop pose. (A, WM)
- Use a symbol (see the stop sign on the following page) with or instead of words. (A, WM)
- Increase the time children are stopped. (A, IC)