

# Brain Breaks

Short activities for students in the classroom

## Fruit and Veggie Brainstorm

Choose a letter from the alphabet and give students the following categories:

1. Eaten at Breakfast
2. Dried Fruit
3. Grows in the Summer
4. Frozen Vegetable
5. Canned Fruit
6. Available in the Winter
7. High in Vitamins
8. Grows on a Tree
9. Eaten in a Salad
10. Grows Underground

Give students 1-2 minutes to write in a fruit or vegetable for each category that starts with the letter of the alphabet you selected. At the end, review the answers and lead a brief discussion about the foods – how many students have tried them, how do students typically eat them, why it's good to eat a variety of fruits and vegetables (to get a variety of vitamins and minerals).

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## Crazy like a Cranberry

This activity will get students moving and teach them about how cranberries are harvested and turned into dried fruit. Students will have to act out parts of the story – read the story first and have students act out the story with you – then the next time you read the story, students will have to act out those sections on their own, without you saying the words.

For example, the action for Autumn is imitating leaves falling to the ground. When you say “every Autumn, cranberries reach their peak” you’ll show students how to act out Autumn with their fingers and hands, then the next time you go through the story, you will leave out the word “Autumn” and students will have to act out the word.

The story is below, with the suggested actions in *(parentheses)*. The word to omit from the second telling of the story is in **bold**.

Every **Autumn** (*fingers and hands showing leaves falling to the ground*), cranberries reach their peak of color and flavor and are ready for harvesting. Cranberries grow in **bogs** (*raising knees high to walk through deep mud*), which are areas of soft, marshy ground. When it's time to harvest the berries, the bog is **flooded** (*swimming motion*) with water the night before. Then, growers use machines nicknamed “eggbeaters” to **churn** (*spin arms quickly in a circular motion*) the water and loosen the cranberries from their vines. The berries **float** (*bend down then pop up*) to the surface where they're **collected** (*use arms to make it look like you're gathering something*). Then the berries are sent to a factory where they're sorted, sliced, seeded, and **dried for 3 hours at 170 degrees** (*wave hand like you're trying to cool yourself off*). The result are **tasty** (*rub tummy*) dried cranberries!

For an informational video from the Science Channel about cranberries and how they're made into juice and dried, click here: [https://www.youtube.com/watch?v=QsBY0nx\\_0Qo](https://www.youtube.com/watch?v=QsBY0nx_0Qo)