



This, That, or Neither – Brain Break Videos– Teacher Guide

Grades: K–5

Video Length: 7 minutes

Rounds: 10

Activity Overview

This, That, or Neither is an interactive Brain Break video series designed to get students moving, thinking, and re-focused. In each video, students are given two options—or a neither option—during 10 fast-paced rounds. Students choose their favorite option and perform the corresponding exercise or dance move.

Learning Objectives

- Re-energize the body and refocus the mind
- Practice listening and following directions
- Make quick decisions and express preferences
- Build coordination and physical awareness

Materials Needed

- Screen or projector
- Space for safe movement
- This, That, or Neither Brain Break video - <https://www.youtube.com/@learnwithjerome>

How to Use the Video

- 1. Watch:** Play the video and encourage students to watch and listen carefully.
- 2. Choose:** Each round, students select This, That, or Neither.
- 3. Move:** Students perform the matching exercise or dance move for 10 seconds.
- 4. Repeat:** Continue through all 10 rounds.

Teacher Prompts

- Which option did you choose this round?
- How did moving your body help you refocus?
- Was it fun to make quick choices?

Differentiation

- K–1: Focus on participation and movement
- Grades 2–3: Encourage full-body movements and following cues
- Grades 4–5: Challenge students to stay on beat and maintain focus

Common Core State Standards (CCSS)

Speaking & Listening: SL.K.1, SL.1.1, SL.2.1, SL.3.1, SL.4.1, SL.5.1; SL.K.2, SL.1.2, SL.2.2, SL.3.2, SL.4.2, SL.5.2

Language: L.K.1, L.1.1, L.2.1, L.3.1, L.4.1, L.5.1