

## Brain Break "Would You Rather" Questions



1. Would you rather always take a cold shower or sleep an hour less than you need to be fully rested?
2. Would you rather always get first dibs or the last laugh?
3. Would you rather always have to say everything on your mind or never speak again?
4. Would you rather always lose or never play?
5. Would you rather always wear earmuffs or a nose plug?
6. Would you rather be 3 feet tall or 8 feet tall?
7. Would you rather be a deep sea diver or an astronaut?
8. Would you rather be able to hear any conversation or take back anything you say?
9. Would you rather be able to read everyone's mind all the time or always know their future?
10. Would you rather be able to stop time or fly?
11. Would you rather be an unknown NFL football player or a famous professional volleyball star?
12. Would you rather be forced to tell your best friend a lie or tell your parents the truth?
13. Would you rather be forgotten or hatefully remembered?
14. Would you rather be happy and poor or sad and rich?
15. Would you rather be invisible or be able to read minds?
16. Would you rather be rich and ugly, or poor and good looking?
17. Would you rather be stranded on an island alone or with someone you hate?
18. Would you rather be the most popular or the smartest person you know?
19. Would you rather be the sand castle or the wave?
20. Would you rather end hunger or hatred?
21. Would you rather find true love or 10 million dollars?
22. Would you rather get caught singing in the mirror or spying on your crush?
23. Would you rather get even or get over it?
24. Would you rather give bad advice or take bad advice?
25. Would you rather give up your computer or your pet?
26. Would you rather go to an amusement park or to a family reunion?
27. Would you rather go without television or junk food for the rest of your life?
28. Would you rather have a beautiful house and ugly car or an ugly house and beautiful car?
29. Would you rather have x-ray vision or bionic hearing?
30. Would you rather know it all or have it all?
31. Would you rather live without music or live without T.V.?
32. Would you rather love and not be loved back, or be loved but never love?
33. Would you rather make headlines for saving somebody's life or winning a Nobel prize?
34. Would you rather meet an alien visitor or travel to outer space?
35. Would you rather never use the internet again or never watch TV again?
36. Would you rather not be able to use your phone or your e-mail?
37. Would you rather only be able to whisper or only be able to shout?
38. Would you rather publish your diary or make a movie on your most embarrassing moment?
39. Would you rather spend the day surfing the internet or the ocean?
40. Would you rather have one wish granted today or three wishes granted in 10 years?

# ROLL SOME BRAIN BREAKS

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and 10 windmills.

|                                                                                          | Column #1                                                          | Column #2                                                             | Column #3                                                          | Column #4                                                                      | Column #5                                                |
|------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------|
| 1<br>   | 10 jumping jacks                                                   | Wiggle your whole body for a count of 10.                             | Bring R elbow to L knee and L elbow to R knee 5 times              | Jump in place 10 times.                                                        | Rub your entire R arm with your L hand                   |
| 2<br>  | Squeeze your R hand firmly with your L hand                        | 5 wall push ups                                                       | Move the upper half of your body                                   | Spin in a circle 3 times to the right                                          | Touch L hand to bottom of R foot. Repeat 5x.             |
| 3<br> | Move the right side of your body                                   | Spread legs apart and bend at waist looking between knees. Repeat 5x. | Make 10 small circles with your arms                               | 10 jumps over a pencil on floor                                                | Give yourself a big hug for 10 seconds                   |
| 4<br> | Rub your entire L arm with your R hand                             | Touch R hand to bottom of L foot. Repeat 5x.                          | Twist at the waist 10 times with arms out to the side              | Spin in a circle 3 times to the left                                           | Make 10 large circles with your arms                     |
| 5<br> | Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x. | March in place with knees high for a count of 10                      | Squeeze your L hand firmly with your R hand                        | Move the left side of your body                                                | Touch R hand to L foot and then L hand to R foot 5 times |
| 6<br> | Run in place for a count of 15                                     | Move the lower half of your body                                      | Touch hands overhead and try to balance on one foot for 5 seconds. | Tap your feet on the floor while making small circles with fingers for 10 sec. | Take 10 deep breaths                                     |

## Fixed Mind-set

Intelligence is static



Leads to a desire  
to look smart  
and therefore a  
tendency to...

### CHALLENGES

...avoid  
challenges

### OBSTACLES

...give up  
easily

### EFFORT

...see effort as  
fruitless or worse

### CRITICISM

...ignore useful  
negative feedback

### SUCCESS OF OTHERS

...feel threatened  
by the success  
of others

As a result, they may plateau early  
and achieve less than their full potential.

All this confirms a **deterministic view of the world.**

## Growth Mind-set

Intelligence can be developed



Leads to a desire  
to learn and  
therefore a  
tendency to...

...embrace  
challenges

...persist in the  
face of setbacks

...see effort as  
the path to mastery

...learn from  
criticism

...find lessons and  
inspiration in the  
success of others

As a result, they reach ever-higher levels of achievement.

All this gives them a **greater sense of free will.**