

Five creative ways to... have a brain break

1. Doodle drawings

Ask everyone to make random scribbles on the page for 30 seconds. When they have finished, they should look at their scribble and try to find an image within it – what could it be? Allow yourself to be surprised or discover something. With a different colour pen then go over or colour some of the lines to make something else appear – an animal, a flower, an alien – anything can appear. You can also get them to pass around their first scribble, so they find images inside other people's scribbles.

2. Funk break

Put on a favourite song – or any funk music track will work well. You have the length of that song to dance. Close your eyes and dance as if no one's watching.

3. Imperfect sketches

Everyone has a notebook and is all given one minute to draw something of your choosing – a unicorn, a bicycle, a hippo, it's up to you. Sounds straightforward, except, they have to place their notebooks on top of their head and THEN draw it. Or you could ask them to close their eyes and draw it. Or they have to put their pencil in their non-dominant hand and then draw it.

4. On the spot races

Ask everyone to run on the spot. Give a ten-second count down where they have to run as fast as possible, as if they're being chased by zombies. Then do another ten seconds as an ultra-slow-motion run, as if they are just about to get caught. Suddenly increase the speed for ten seconds. Keep doing this, dramatically varying the speed of the running for a couple of minutes.

5. Word association

One person says a word and the next person has to say a word connected to that word in some way. The aim is to hear the word and say the next thing that pops into your head. Try not to think too hard about it, there is no need to be funny or clever. The aim is to be quick and get a good rhythm going – it's harder than it seems. You can pass around a beanbag or ball with the word, or just point, whichever is easiest for the class.