

Deal or No Deal Brain Boost

For this brain boost, select several exercises that students could complete in a personal space in your classroom. Write the exercises either on separate envelopes or within a slidedeck or on a white board.

Copy “No deal” variation cards and either place in envelope or face down on a desk or table in the classroom.

The teacher chooses an exercise and states a feasible number of repetitions. The teacher will make a deal with one student at a time, but all students participate in each deal.

Teacher: “My deal is 20 crunches. Deal or No Deal?” Student: “Deal – the entire classroom performs the physical activity or exercise.”

OR

“No Deal – the student chooses a card and the student perform the new number.”

One More	Five Less
One Less	20 More
Five More	10 Less

10 More	Divided By Two
Two Times More	20 Less
Three Times More	15 Less