

Space Explorers Brain Breaks

Moon Tag

Played just like regular tag, but pretend you are astronauts walking on the moon – take big exaggerated bouncy steps and move in semi-slow motion. Person who is “It” could be an “alien”

Moon Dough

Materials:

1 cup conditioner

2 cups cornstarch

Food Coloring (optional)

Essential Oils (optional)

Time: 30 minutes

Procedure:

1. Mix conditioner and cornstarch together in a bowl. You can start with a large spoon or spatula, but once it starts coming together, mix by hand.
2. Add food coloring or essential oils as desired.
3. If it seems too sticky add more cornstarch a little at a time until the desired consistency.
4. Store in an airtight container. If dough dries out add more conditioner to resoften.

***This recipe is NOT edible!*



OSU EXTENSION
4-H YOUTH DEVELOPMENT

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Astronaut and Aliens Tag

Materials: None

Time: 30 minutes

Procedure:

1. Participants pair up. The pairs interlock arms and put both hands on their hips. These pairs make the “Crater”, tell participants that only two aliens can be hiding in the Crater at a time, i.e. only 2 participants can be hooked together. The Craters are stationary.

2. Ask one pair to volunteer. One person will be “it” or the Astronaut, and the other player will be the Alien. The Alien must run away from the Astronaut to avoid being captured. If the Astronaut tags the Alien the 2 players switch characters, the Astronaut becomes an Alien and the Alien becomes the Astronaut.

3. To avoid being caught, the Alien can hide in a Crater, to do this, the player simply locks arms with one side of the pair. Once an Alien has locked arms with a crater, the alien on the opposite end must run to avoid being captured. Remember only 2 aliens can occupy a crater.

Partners with interlocking arms (crater): <O><O>

Current Alien, running to avoid capture: O

Alien runs up and locks arms (hides in crater): <O><O><O>

Alien on opposite end must run to escape capture: O <O><O>



Space Explorers Brain Breaks

StarFighter Stretch

Materials: None

Time: 30 minutes

Procedure:

1. Divide group into pairs.
2. Partners stand and face each other, feet shoulder width apart, and close enough to touch hands with their elbows slightly bent.
3. Partners touch hands palm to palm, straight across (right to left, left to right). Pretending hands are spacecraft, move them around in a galactic dog fight. Do not move feet!
4. Sound effects are optional but highly encouraged.



OSU EXTENSION
4-H YOUTH DEVELOPMENT