

MMA #2 – FAST BRAIN / SLOW BRAIN DANCE-OFF

(Digital Citizenship)

Music: *ECOLOGY IS ECOLOGICAL*
by Steve Trash and Anthony Brooks
(Instrumental track – free download for educators)

Download the mp3 for **FREE** at
mediamastersrock.com/music-movement-activities

Big Idea

Your brain has two modes — and smart digital citizens know when to use each one.

- **FAST BRAIN** reacts instantly.
- **SLOW BRAIN** pauses, thinks, and chooses wisely.

This movement game helps students **feel the difference**, not just hear about it.

What Students Learn

Students practice the most important online habit of all:

Pause before you post.

They learn to recognize when they're reacting fast...
and how to intentionally switch into thinking mode.

What You Need

- Any upbeat music
(or the ECOLOGY IS ECOLOGICAL track works great)
- Space for students to move in place
(standing, seated, or on the floor)

How It Works

Teach the Three Calls

Explain each one clearly before starting:

- **FAST BRAIN**
“This brain reacts right away — no thinking!”
- **SLOW BRAIN**
“This brain pauses, thinks, and makes smart choices.”
- **STOP**
“All movement stops. Reset and wait.”

Practice each call once so students know exactly what to do.

Game Play

1. Start the music.
2. Call out **FAST BRAIN!**
 - Kids move wild and silly:
wiggle, jump in place, air-guitar, jazz hands — anything energetic.
3. Call out **SLOW BRAIN!**
 - Kids freeze.
 - Take one deep breath.
 - Do one calm motion:
hand to chin, quiet thinking pose.
4. Call out **STOP!**
 - All movement stops.
 - Students reset and wait for the next call.
5. Keep switching between **FAST BRAIN**, **SLOW BRAIN**, and **STOP** — faster and slower — like a dance-off with purpose.

Remix Ideas

- Let a student be the caller.
- Try it seated at desks or in library chairs.
- Add a silent round — only hand signals for FAST, SLOW, and STOP.
- End with all **SLOW BRAIN** to instantly calm the room.

Why This Works

- **Huge group control**
Energy goes up... and comes back down on command.
- **Perfect for libraries**
Looks like choreography — not chaos.
- **Builds real digital habits**
Kids physically practice the idea: *pause before you post*.
- **Feels fun, not preachy**
Students are dancing — and learning without realizing it.

How You End It

Bring everyone to **SLOW BRAIN**.

Then say:

**“Great digital citizens know when to dance...
and when to THINK.”**

Perfect For

- Library lessons
- Digital citizenship weeks
- Assemblies

- After-school programs
- Brain breaks with meaning

Free Music Download

This activity includes free access to the instrumental track
ECOLOGY IS ECOLOGICAL
by Steve Trash and Anthony Brooks.

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mediamastersrock.com/music-movement-activities

(Steve Trash owns the music copyright — educators are free to use it with this lesson.)

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