

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

**Music:** *ECOLOGY IS ECOLOGICAL* by Steve Trash and Anthony Brooks  
(Instrumental track — free download for educators is perfect for MMA #2: *FAST BRAIN / SLOW BRAIN DANCE-OFF*)

Download the mp3 for **FREE** on [mediamastersrock.com/music-movement-activities](http://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 switch into thinking mode.

## What You Need

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

## How It Works

### Teach the Two Brains

Explain it simply:

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

Practice each one once before starting.

## 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:  
slow arm wave, hand to chin, or quiet breathing focus, or quiet thinking pose.
4. Keep switching back and forth — 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 and SLOW.
- End with all SLOW BRAIN to calm the room instantly.

## 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  
**ECO-BEAT BOX** by Steve Trash and Anthony Brooks.

Download the mp3 for **FREE** on [mediamastersrock.com/music-movement-activities](http://mediamastersrock.com/music-movement-activities)  
*(Steve Trash owns the music copyright — teachers are free to use it with this lesson.)*