

Movement Breaks

Movement breaks provide children with a mental and physical break away from sitting at the table. Short breaks away from learning have been shown to improve focus and attention and aide a child's learning.

Your local
healthcare
provider

The following suggestions have been taken from this book:

[The Kids' Guide to Staying Awesome and in Control](#)



A Guide to Movement Breaks:

You always start with **Anywhere Body Breaks**. If these are not enough try some big body breaks.

Big Body Breaks should last no more than two to three minutes. Use a timer

These strategies work if you choose which exercises feel **Just Right** and you do them the right way.

It is important to remember to do these exercises and strategies the right way (not too fast, not too slow, and with a good amount of pressure).

Generally, if you are feeling **Slow and Tired** (and want to wake your body up), your body break movements should be fast and short.









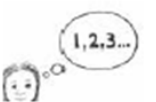
Generally, if you are feeling **Fast and Emotional** or **Fast and Wiggly** (and want to calm your body down), your body break movements should be slow and with more firm pressure.

The more you do these breaks yourself without reminders, the quicker you'll feel **Just Right**.

Providing care on behalf of North East Essex Community Services Collaborative










Anywhere Body Break Appetizer Choices

Anywhere Body Break	Picture	Choice (Check Off as many as you need to feel Just Right)
Arm-Pretzel		
Bubble Breath		
Give Myself a Hug		
Arm Massage		
Hand Massage		
Finger Pull		
Palm Push		
Seat Push-Up		
Count to Ten		

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Big Body Break Dessert Choices

Big Body Break	Picture	Choice (Check Off as many as you need to feel Just Right)
Wall Push		
Army Crawl		
Crab Walk		
Cross-Crawl		
Superman Pose		
Jumping Jacks		
Taking Space		

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