

# INTEGRATED MOVEMENT APPROACH

This approach integrates movement with all aspects of a preschooler's life by incorporating strategies such as **Active Navigation Routes**, **Active Play Corners**, **Brain Breaks** and **Integrated Learning**.

## ACTIVE PLAY CORNER

An Active Play Corner is a fixed learning space in the preschool where EC educators can place resources that preschoolers can use to play independently and get creative in movement. Below is an example of an active play corner.

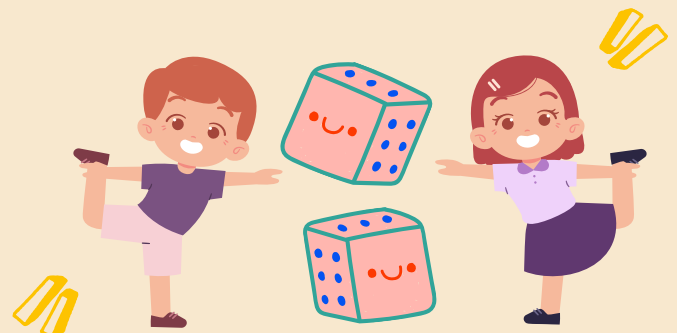


**OBJECTIVE:** To get preschoolers to learn different movement actions with a dice.

**HOW TO PLAY:** Preschoolers will throw the dice and complete the movement indicated on the dice.

**HOW TO SET UP:** Provide movement dice in a tray for preschoolers to manipulate.

**MATERIALS NEEDED:** Movement Dice (find in PDF)



Learn more about other movement strategies [here](#).