

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**.

BRAIN BREAKS

Brain Breaks are short bursts of movement activities that EC educators can introduce in between lessons to help preschoolers refocus their attention. Below is an example of a brain break.



OBJECTIVE: To get preschoolers active and moving.

HOW TO PLAY:

Preschoolers are encouraged to plan and discuss different types of body movement actions as a class and do it throughout the 10 days challenge.

MATERIALS NEEDED:

- Paper
- Pencil/ Markers
- Colour Pencils



NOTE: EC educators can consider

- Creating the template (10 template table)
- Encouraging the preschoolers to draw the actions. (i.e. For the hopping action, preschoolers may draw a bunny hopping)

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