

# 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:

1. The EC educator will say "Act like a ballet dancer". The preschoolers will carry out the action that fits the act. (i.e. Balance on tip toe, twirling)
2. Repeat step 1 with another act. Preschoolers can also try creating the sentence as well.



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