

# 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 and EC educators will take turns saying the name of a shape. Everyone will use their index finger/scarves/ribbon sticks to draw the shape in the air.

### MATERIALS NEEDED:

Scarves or Ribbon sticks (Optional)

