

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 "Blow, wind, blow".
2. The preschoolers will ask "Blow, what?"
3. The EC educator will reply "Blow all those wearing glasses."
4. The preschoolers who are wearing glasses will need to exchange seats.
5. The EC educator will then repeat for other characteristics of the preschoolers.

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