

# 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 will repeat each line after the EC educator use different speaking styles. They can change the lyrics to fit the styles.

The lyrics are as follows:

*I said a Boom ChickaBoom*

*I said a Boom ChickaBoom*

*I said a*

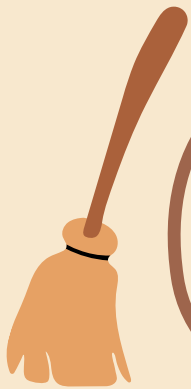
*BoomChickaRockaChickaRockaChickaBoom*

**BOOM!**

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Uh uh  
Oh yeah  
One more time \_\_\_\_\_ style.

## JANITOR STYLE:



*I said a Broom Sweep-a Broom  
I said a Broom Sweep-a Broom  
I said a Broom Sweep-a Mop-a  
Sweep-a Mop-a Sweep-a Broom*



## BARN-YARD STYLE:



*I said a Moo Chick-a Moo  
I said a Moo Chick-a Moo  
I said a Moo Chick-a watch your step,  
don't track it in the room.*

**NOTE:** EC educators can refer to this video tutorial [here](#).

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

