

# 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 take turns to be the spy and will say "I spy \_\_\_\_". The other preschoolers will point towards the mentioned object. (i.e. "I spy something rectangle/ books/ window/ tables etc)

