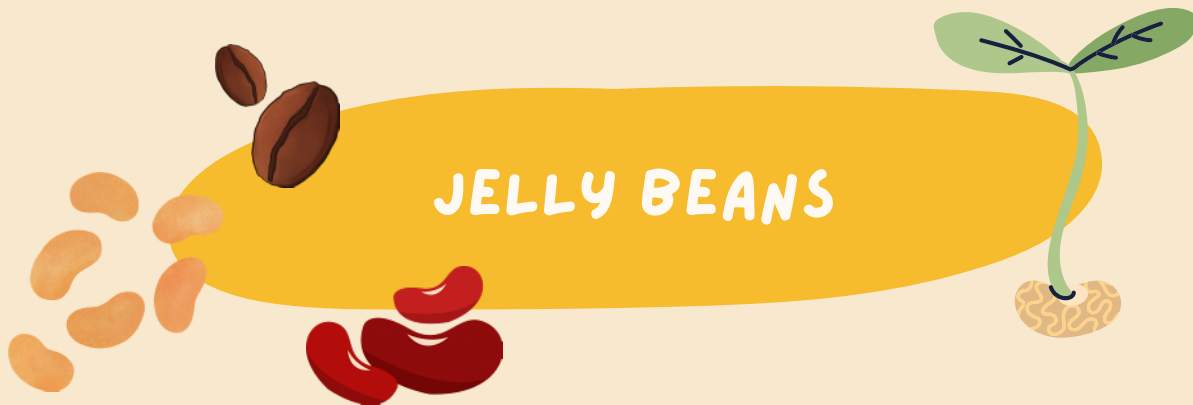


INTEGRATED MOVEMENT APPROACH

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

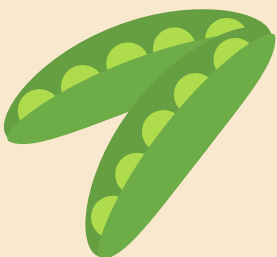
Brain Breaks are short bursts of movement activities that EC educators can introduce in between lessons to help preschoolers refocus their attention. Below is an example of a brain break.



OBJECTIVE: To get preschoolers active and moving.

HOW TO PLAY:

1. The EC educator will ask the preschoolers to pretend they are beans.
2. The EC educator will say "Stretch like a long bean." and the preschoolers will stretch their hands up high to touch the sky.
3. The EC educator will say "Curl like a pea." and the preschoolers will curl accordingly.
4. The EC educator will then repeat for other beans.



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