

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.

Preschoolers will start counting but instead of saying a certain number, they will need to do an action instead.

HOW TO PLAY:

For example:
Clapping on even numbers
i.e. 1, clap, 3, clap, 5,

Jumping to multiples of 5
i.e. 1, 2, 3, 4, jump, 6, 7, 8, 9, jump

