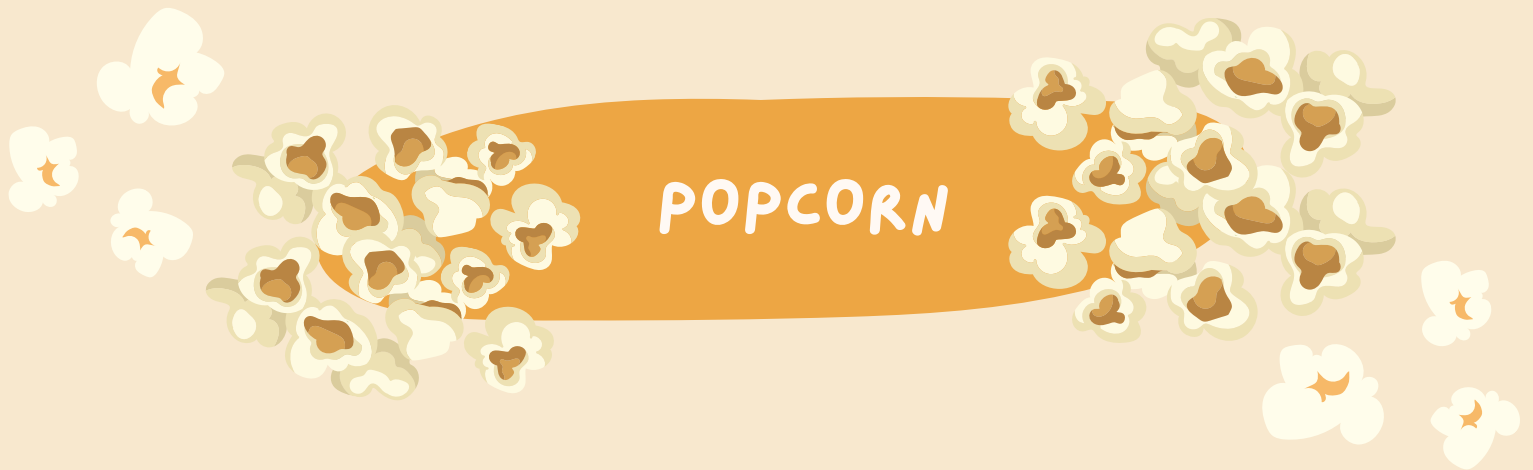


INTEGRATED MOVEMENT APPROACH

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.

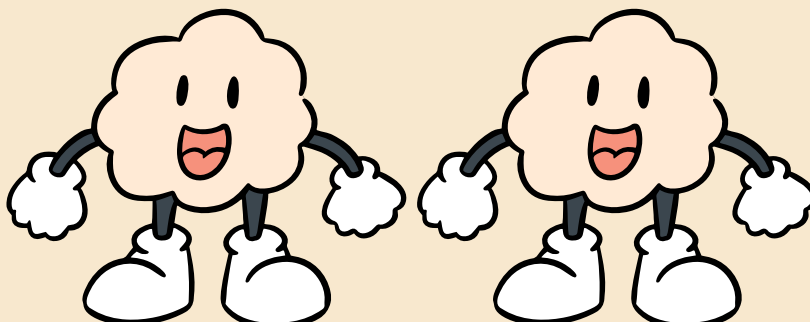


OBJECTIVE: To get preschoolers active and moving.

HOW TO PLAY:

1. The EC educator will start the game by saying, "Let's pop those popcorns.". Preschoolers will then take turns to stand as they say "Pop!"
2. Preschoolers will need to say "Pop!" one at a time.
3. If two or more children say "Pop!" at the same time, the game starts over.

POP



POP