

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 get the preschoolers to rub their heads. Then, add on a pat to their belly.
2. After a few rubs and pats, the EC educator will ask the preschoolers to pat their heads and rub their belly.
3. Repeat steps 1 - 2.



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