

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.

JIGGLE YOUR SCARF (2-3 YO)



OBJECTIVE:

To impart preschoolers with the following skills:

- Spatial or relationship awareness
- Moving on different levels
- Use of personal or general space
- Relating different parts of the body

HOW TO PLAY:

1. Give every preschooler one scarf.
2. Move the scarf along to the music played or the song sang.
3. Add on to the fun element by waving the scarf at low, medium and high level (i.e. knee, waist and over head)

MATERIALS NEEDED:

Scarf, Music and Speaker.

NOTE:

EC educators can consider

- Incorporating skills such as jumping or hopping to the rhythm
- Increase difficulty by changing the tempo of the music

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