

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. Show preschoolers simple freeze actions that they can do.
2. Play music and get the preschoolers to move and dance. When the music stops, the preschoolers should stop moving and do the freeze actions.



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