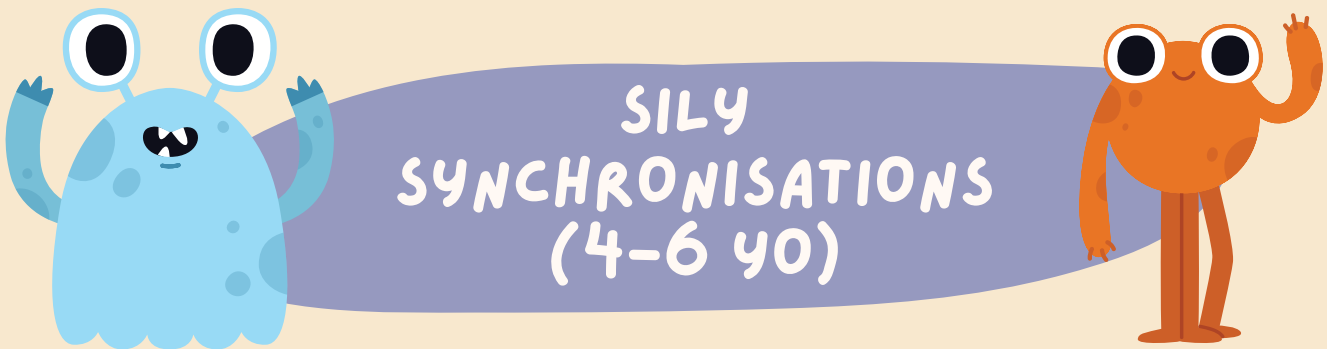


INTEGRATED MOVEMENT APPROACH

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 impart preschoolers with the following skills:

- Stretching
- Use of personal or general space
- Relating to different parts of the body

HOW TO PLAY:

1. Get the preschoolers to touch their left ear with their right hand and touch their nose with their left hand.
2. Switch hands and touch your right ear with their left hand and touch their nose with their right hand.

NOTE:

EC educators can consider

- Making use of other body parts (i.e. put one hand on the tummy and the other on the back and switch)
- Incorporate other movements such as jumping

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

