

# 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. Preschoolers will take turns being "Simon" who will give directions to his/her classmates to perform an action starting with "Simon says..."
2. If the preschooler leaves out "Simon says" before giving directions, anyone who performed the activity will be out of the game.

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

