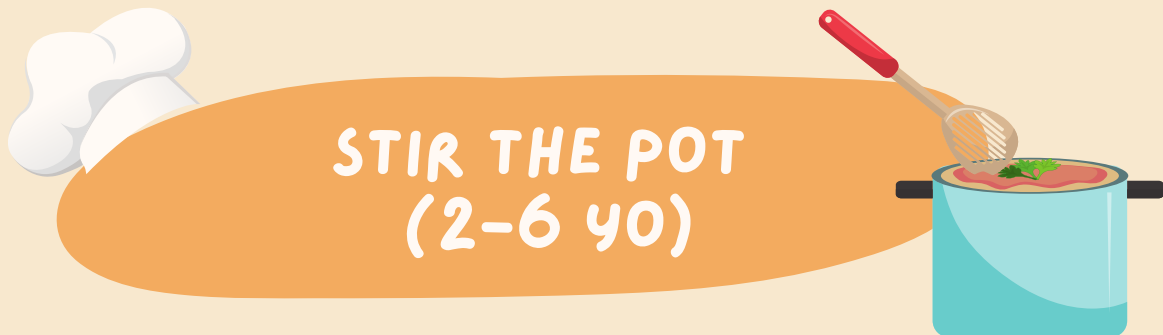


# INTEGRATED MOVEMENT APPROACH

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:

- Twisting
- Stretching
- Curling

### HOW TO PLAY:

1. Get the preschoolers to imagine themselves as a chef standing in front of a giant pot of soup.
2. Stretch both arms up and pretend to take hold of a giant stirrer.
3. Swing both arms down in front to plunge it into the bottom of the pot.
4. Slowly begin to stir the pot in a clockwise direction, moving one's hands, wrist and shoulders.
5. Once completed, stir in the opposite direction.

### NOTE:

EC educators can consider

- Incorporate storylines (i.e. Santa elves bending down to stir a pot of caramel)
- Option to stir fast or slow

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

