

EFFECTIVE MOVEMENT BREAKS 101

Ever notice your child fidgeting, rocking, or seeming dazed? Short movement breaks throughout the day give them the sensory input they need to stay regulated and better engage in routines.

2 KEY SENSORY INPUTS

1. PROPRIOCEPTIVE INPUT (P):

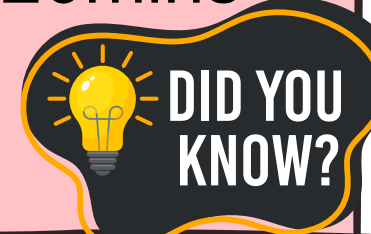
Sensations from muscles and joints (e.g. deep pressure, body-weighted movements such as crawling, pushing, crashing)

2. VESTIBULAR INPUT (V):

Sensations from the inner ear for balance and motion (e.g. jumping, spinning, going upside down)

3 KEY COMPONENTS

1. Moderate-high intensity, full-body movements
2. Incorporates proprioceptive and/or vestibular input
3. Do it 3 - 5mins every 20mins



Average Attention span (min) =
(2-5) x age of child
5.y.o = 10-25min
6.y.o = 12-30min

MOVEMENT BREAK IDEAS

5-min games

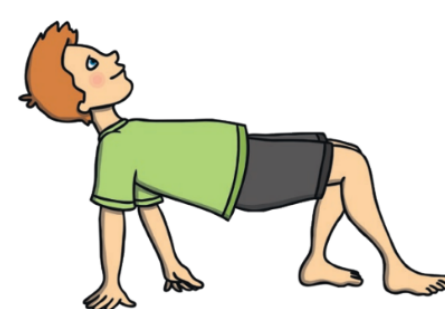
- Simon Says
- Animal walks
- Follow the leader

Everyday tasks

- Wiping tables
- Carrying furniture
- Distributing materials

Examples of movements

crab walk



bear walk



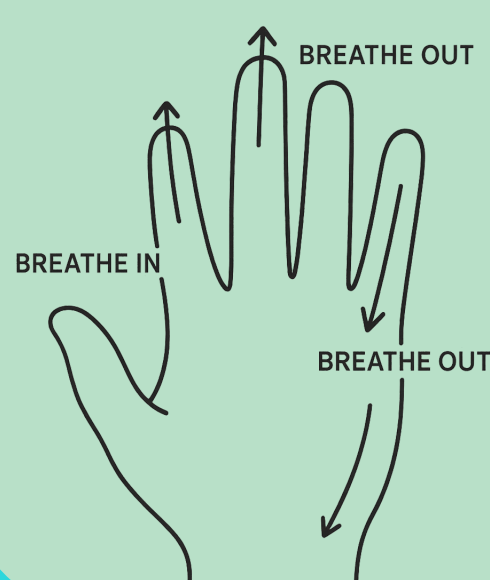
5 star jumps



10 press ups



5 FINGER BREATHING



CALMING DOWN

To transit out of movement breaks, we can do stretching or deep breathing