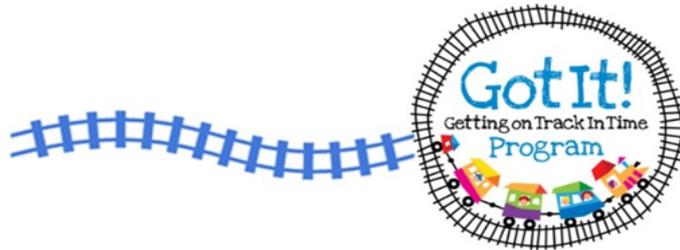


Got It!



Movement Breaks

Is your child having difficulty focusing?

Children's bodies are not designed to stay in one spot for very long. Moving their bodies helps support their focus and attention.

Movement breaks can be used between tasks or you can incorporate them into learning tasks. Most children benefit from moving every 10-15 mins. This can be as simple as standing up, stretching or walking. Every 20-30 mins children would likely benefit from a longer movement break you may like to try some of the ones below:

Make an Obstacle Course



Have a Dance Party



Do a Scavenger Hunt



Do Animal Walks



TIP! Adult bodies need movement as well. Why not join in?