



Body Breaks



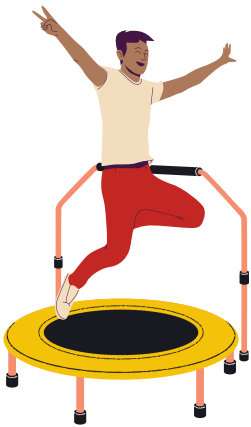
Scan for videos of some
movement breaks



I like to Move it!

Alerting Movement

These movement ideas can be alerting and energizing for the body & brain.
Which one will you try today?



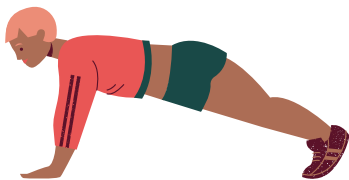
jump up & down
on a trampoline
(clap, count or use
metronome for
rhythm)



bike or cycle
on a stationary bike
or walk on a treadmill



wing and pump
your legs or hang
as you swing



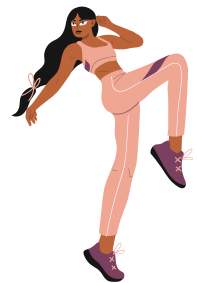
push-ups



wall sit



jumping jacks



elbows to opposite
knees (cross crawl)



stand to work



lay on tummy

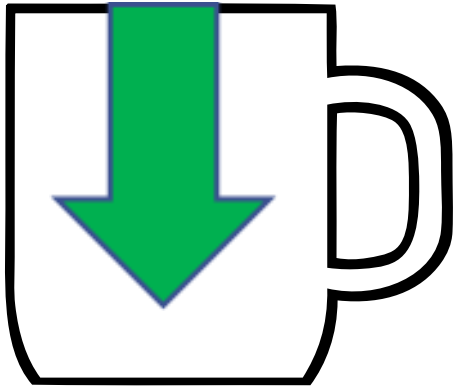


sit on ball, cushion,
or wiggle seat



what's your idea
for how to move?

I like to Move it!



Calming Movement

These movement ideas can be calming, organizing and grounding for the body & brain. Which one will you try today?



rock in rocking chair or glider



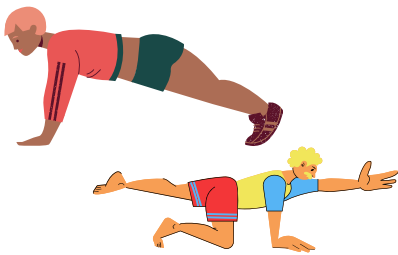
swing gently & rhythmically in a swing



bounce or shoot a basketball



move to a cozy place to retreat (eg. tent, hammock)



push-ups or plank



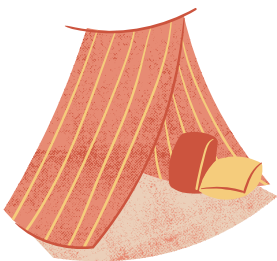
get a hug or give yourself a hug or shoulder squeeze



cuddle with a safe person, stuffy or a pet



slow yoga movements and breath



move to a quiet place to work



lay on tummy



sit on ball, cushion, or wiggle seat



what's your idea for how to move?

Choose Your Body Break

Big Body Breaks



Jumping Jacks



Cross Crawl



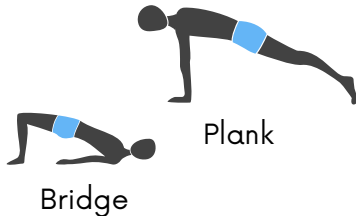
Wall Push-ups



Wall Sit

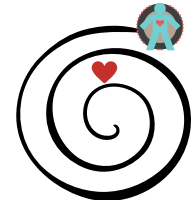


Fragile Egg



Bridge

Plank



Choose one breathing activity to end

When you are finished, can you feel...

I AM READY

TO LISTEN AND LEARN



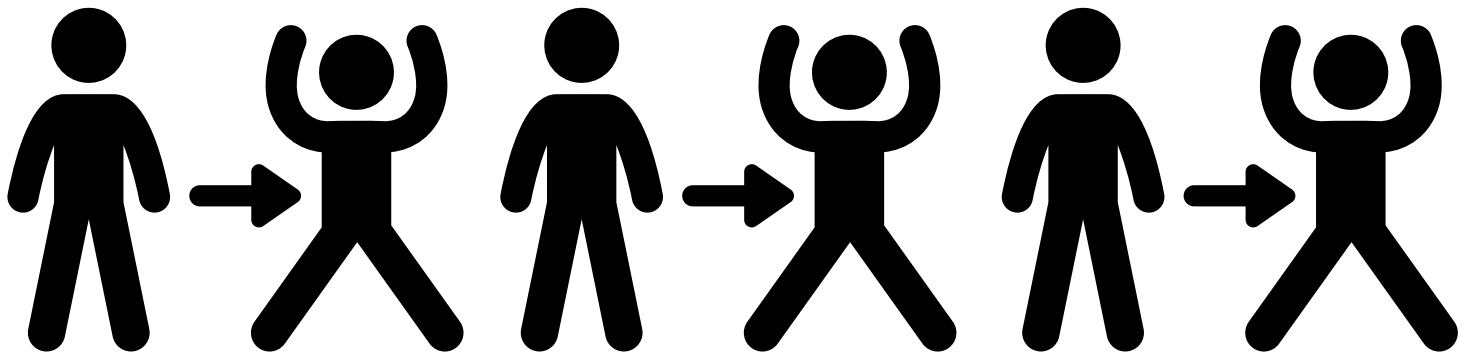
Jumping Jacks



Make your body like a star (or X).
Then bring your arms to your sides
(straight like a pencil).

Star.
Pencil.
Star.
Pencil.

This is how you do jumping jacks.



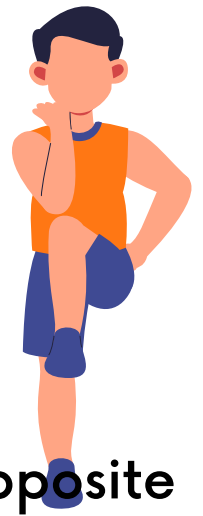
- Go slow and steady!
- Have the adult clap a steady beat or use a metronome



Scan for video



Cross Crawl



**Start by marching with high knees.
Touch the opposite hand (or elbow) to the opposite
knee.**

(Touch your RIGHT elbow to your LEFT knee, and
touch your LEFT elbow to your RIGHT knee).

Continue for 1 minute, or choose a number to count to.

- You could try marching to the beat of a metronome, an adult clapping, or count the number of touches. Rhythm and a steady beat is very regulating and can be helpful.
 - NOTE: you can find free metronome apps
 - Ensure the speed is not too fast
 - OR change the speed and follow along
 - Always end with at least 5-10 touches with a slower speed

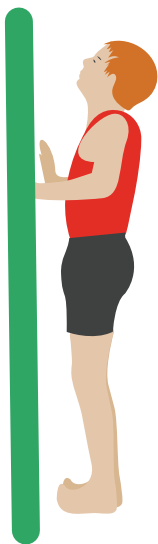
Other body parts:

- Try touching opposite hand to opposite foot
- Opposite hand to ankle, or heel,
- You could even try touching the opposite ear or shoulder - keep marching at a steady beat!

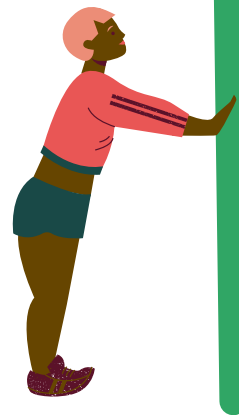


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Wall Push-ups



Place your feet flat on the floor about 1-2 feet from the wall.

Instead of doing push-ups on the ground, try doing a push-up against the wall.

Place your hands on the wall (at shoulder height).

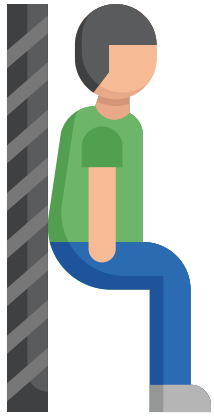
Start doing push-ups - slowly against the wall!

- EXTRA CHALLENGE: Carefully and slowly touch your nose to the wall each time you come close to the wall, then push back out.
- Do push-ups to the rhythm of an adult clapping, a metronome or to the beat of a song
- Push off the wall and clap your hands in between each push-up (clap push-ups but against the wall).
- Do you have another challenge idea?

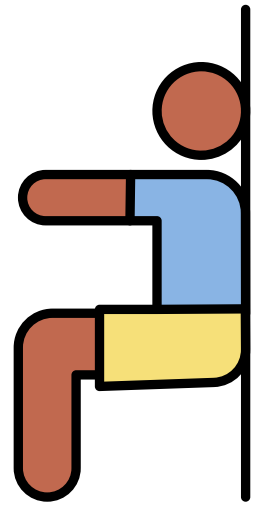


Scan for video





Wall Sit



Place your feet firmly on the ground, shoulder-width apart, out from the wall (with you back to the wall).

Slide your back down the wall while making your tummy muscles strong!

Bend your legs until they're in a 90-degree angle—(right angle), so that if someone wanted to sit on your lap, they could!!

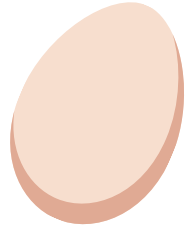
- Can you hold this position for 30 seconds? one minute? two minutes?
- Take **BIG, LONG, SLOW** breaths while you are sitting here to help when your legs start feeling tired and shaky!

YOU Can
Do THIS





Fragile Egg



Lay down with your back on the floor.
Tuck your knees and hug them with your arms so you
look like an egg.
Try to lift the head and bring your nose closer to
your knees.

- See how long you can hold the egg pose without falling over and cracking your insides all over the floor! Yuck!
- Slowly crack open, and become an animal that has hatched.
- Challenge: Try to stand up after you've cracked open without using your hands.
- Can you roll while you are an egg without cracking open?
- See if your nose can touch your knees!





Bridge



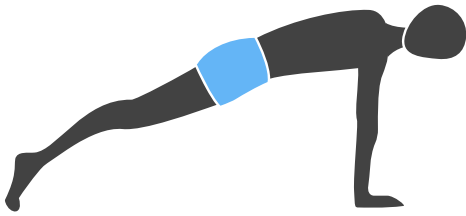
Lie on your back with your knees bent and your feet flat on the floor.

Push through your feet and heels to raise your bottom up off the floor.

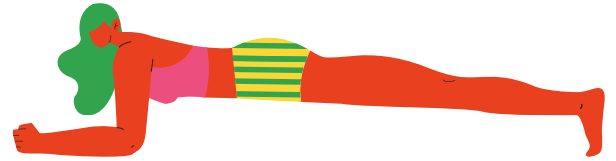
Be sure that you are keeping your head and shoulders on the ground.

- Slowly lower down from a bridge position onto the floor and then slowly lift back up into bridge. Try counting to 3 as lift and lower... slow and controlled!
- Put a stuffed animal or ball between your knees and squeeze it while bridging. Or place a stuffed animal on your tummy to keep it lifted up.
- Try zooming some toy cars under your bridge. How many cars can you get under the bridge before it falls? Or have the child move a car or another favourite toy by passing from one hand to the other.
- Find a few small stuffed animals and "walk" them under the bridge. Don't squish the animals!





Plank



Lie on your stomach on the floor with your hands under your shoulders and toes on the floor. On the count of 3, have him push up on your hands to straighten your arms and lift your body off the floor.

NOTE:

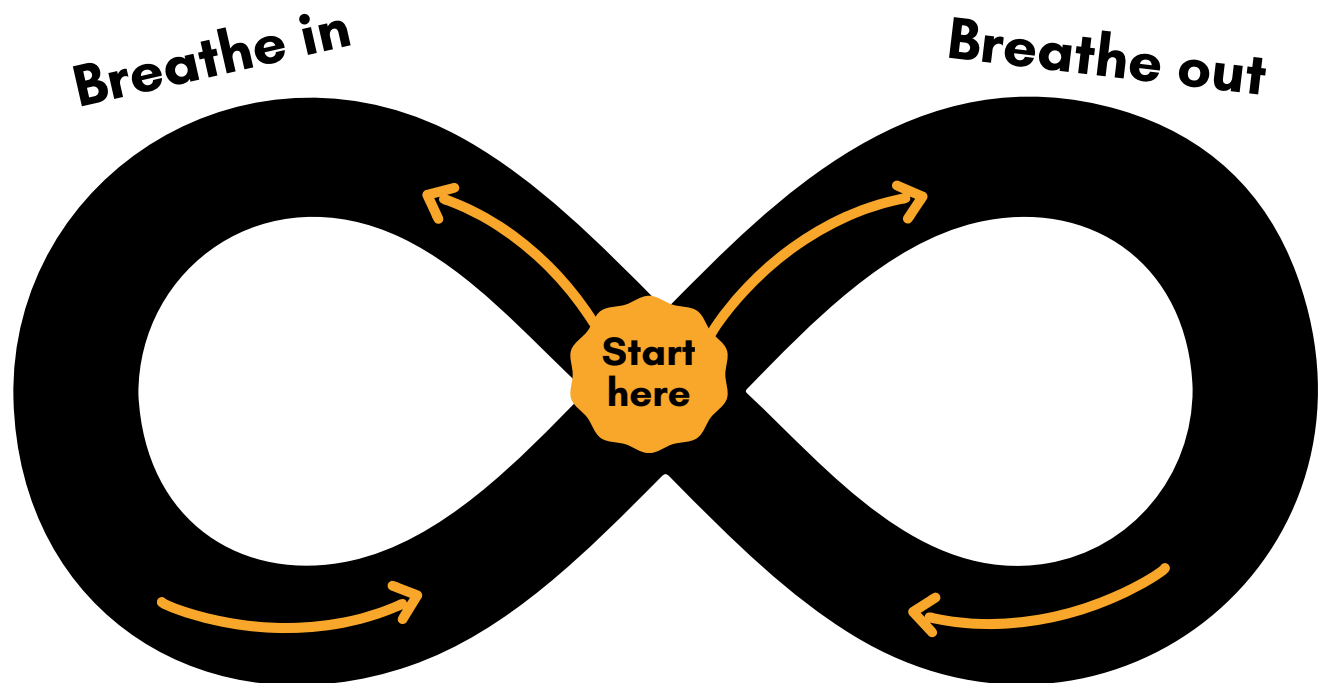
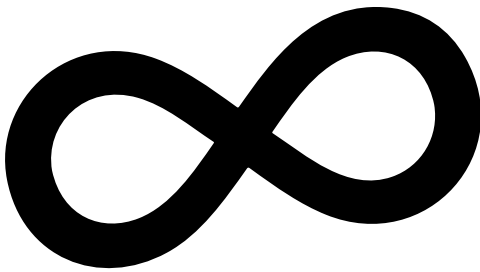
- Ensure heels are pointing up to the sky (not out to one side)
- Curl toes under... place your feet against a wall if it is too tricky to figure out.
- Make back as flat as possible (without bottom lifted towards the sky)

A few things to try:

- If plank position is too difficult, try it with knees resting on the floor.
- Have the child try plank position on his forearms, with elbows resting on the floor. Can he move between the two positions, pushing from his elbows back up onto his hands? How many times can he move between the two positions?
- In high plank, challenge the child to lift one leg and hold it out behind him. Then, challenge him to lift one arm. Can he lift opposite arm and leg and hold it?
- Have the child try shifting into a side plank position, rolling from high plank onto one hand and the outside edge of the same foot, with the other
 - arm raised to the sky.
- Make it a game! While in plank, move some cars or toys under your child, or gently kick a ball under their body.



Infinity Breathing

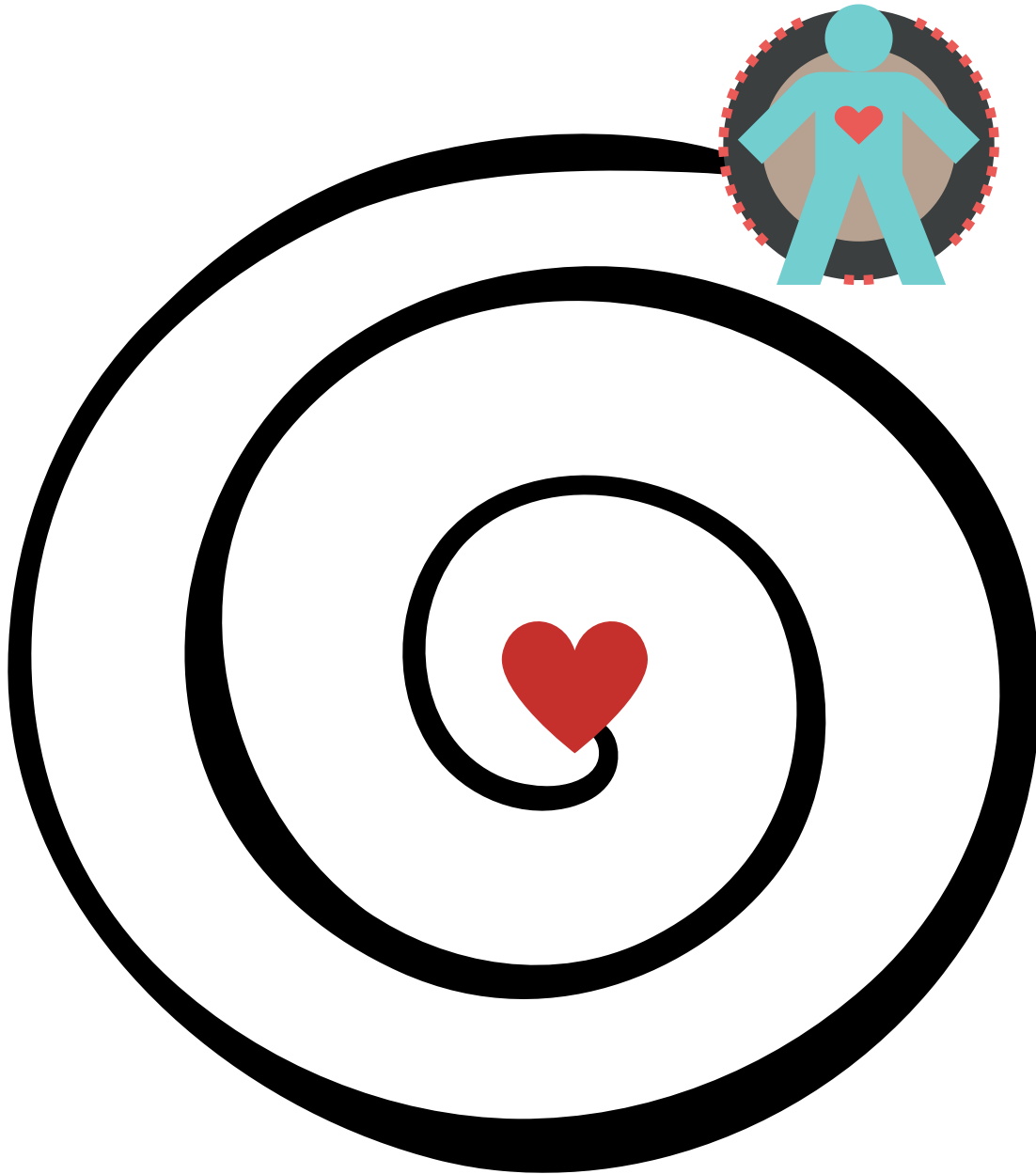


Your breath never ends. It supports you every single moment of every day of your life! Infinity breathing reminds us that our breath is here to support us.

Start in the middle of the infinity symbol. Trace your finger up and around while you take a deep breath in. And then... Breathe out as you cross the middle and go around the other side. Continue slow and steady, with long, slow, deep breaths.



Trace & Breathe



Staring at the heart (the very center of you), breathe in as you trace your finger around the spiral and out to the body (the wholeness of you). Breathe out as you trace your way back to your heart. Repeat 5-10X.

You can ALWAYS come back to YOUR heart and YOUR center, from the inside to the outside of the ONE and ONLY wonderful YOU!!

OPTION: As you breathe in and out, place one hand on your heart.

