

Movement Break Ideas

Movement breaks can be anything from physical activity, to moving from one room to another, or just stopping for a bit of a wriggle! It can be useful to have a movement break just before an activity that will involve sitting down for an extended period to support your child to settle. Likewise, it can be helpful to stop part way through an activity to extend the activity time. You can include as many movement breaks as necessary throughout the day. Remember, to pre-warn your child for what is happening after the break. A 'Now and Next Board can be very useful for this (see visual prompts list).

Here are some fun ideas you could use:

Balloon volleyball – how long will it stay afloat?

Go and have a drink of water

Pop Bubbles

Basketball – throw scrap paper in a waste paper basket

Action songs for example Heads, Shoulders, Knees & Toes

Yoga poses – there are lots of online clips to inspire you

Carry or drag a slightly heavy object across the room

Outdoors is a wonderfully relaxing environment