




Top Tips for Movement Breaks

To support children with maintaining attention throughout the school day the inclusion of movement breaks can be beneficial. These are particularly useful prior to periods of concentration or after active periods e.g. gym, break. For maximum benefit it is suggested that these are carried out at regular intervals throughout the day.

Many activities can be done as a whole class or made part of a whole class routine to minimise disruption.

  	<ul style="list-style-type: none"> • Helping out around the classroom, moving chairs, wiping desks, wiping boards. • Encourage the child to carry out heavy work activities. This can be incorporated into class routine and carry heavy objects to another class i.e. books, milk. • Have the child clasp their hands and apply pressure downwards on the head – pretending he/she is a flower/tree pushing up through the ground. • Push up through hands placed on table/chair. Sit on hands and push shoulders towards ears. • Chair push – ups (whilst sitting on a chair child places hands on either side of chair and gently lifts body weight up and down). Could also try wall-push ups. • Wake up activities – scrunch and stretch muscles in face, hands, feet; stretch/bend arms/legs; hunch/relax shoulders; rub arms and legs as fast as you can. • Pushing hands together in a prayer position provides deep pressure feedback (can help regulate activity levels). • Any pushing and pulling activities. • Encourage active break time/lunchtime/playtimes.
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