

Movement and Regulating Break ideas

Before starting a “Brain Break” activity, it can be supportive to set a time limit so the child is aware of when they will need to return to their focused activity.

The below are all suggestions. If you feel any would support your child, do feel free to use them. Your child can be part of the process of selecting which “Brain Break” to select.

Movement flash cards:

You can create cards with different movements on. Some children like the movement referenced to real life objects (as in example). With your flash cards you can play games where the person who turns over the card, has to make the shape/movement it says.



Movement dice:

You can make a large dice by using an old cardboard box. On each side you can put a movement. You can make these big movements or more mindful movements, depending on your child’s mood. You can play games with the dice where the child must make the movement, they role.

Movement wheel:

You can create a spinner with a range of different movements on. Throughout the day you can encourage your child to spin it and complete the movement.



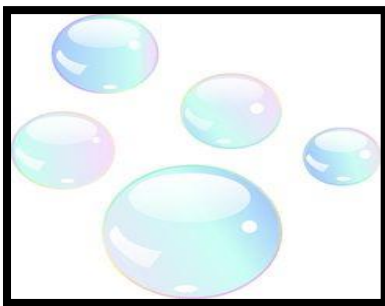


Skipping, hopping and jumping:

Set a timer and see how many skips, hops and jumps your child can do. Once the timer is finished, you can go back to your focused task.

Music and dancing:

Put on some of your child's favourite music and allow them to dance. You can encourage big and small movements.

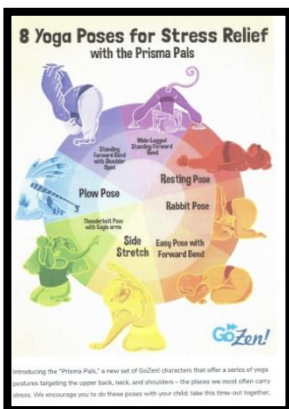
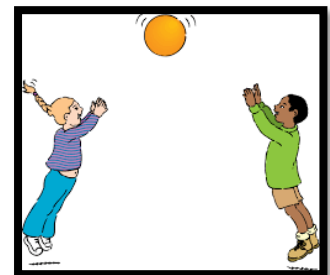


Bubble blowing:

Allow your child to spend time blowing bubbles.

Playing catch:

Set a timer and ask your child to see how many times you can throw the ball back and forward.



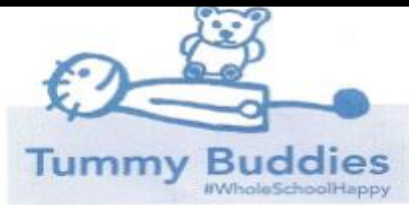
Yoga:

Spend time doing some Yoga poses. You can find Yoga for kids on YouTube and the children enjoy Cosmic Kids Yoga.

Safeguarding message: Please ensure you have pre-selected the Yoga video on YouTube, prior to your child watching it.

Breathing exercises:

Spend time supporting your child to focus on their breath. Examples of ways to promote this can be seen on the next page.



1. Choose a soft toy that you can balance on your tummy and ask your teacher to put on some gentle music
2. Take your shoes off and lie down so you are comfortable
3. Put the toy on your belly
4. Breathe in: While your teacher counts to three, breathe in through your nose so your tummy gets big and your toy goes up in the air.
5. Breathe out: While your teacher counts to 4 breath out through your mouth so your tummy sinks and your toy sinks down.
6. Repeat this 10 times, can you rock your tummy buddy to sleep so they feel completely safe, calm and relaxed?

Hand breathing:

- Spread one hand out like a star.
- Use the index finger on your other hand to trace the outline of your star hand.
- Take a deep breath in as you move to the top of your thumb.
- Breathe out as you move down between your thumb and first finger.
- Take another breath in as you move to the top of your first finger.
- Breathe out as you move down between your first and second finger.
- Repeat until you have taken five slow, deep breaths.



Shape breathing:

Show your child a shape, encourage them to breathe in and out for the counts along the sides.

