

Movement Breaks



Hop 3 times!



5 star jumps!



Run on the spot!



Jump 6 times!



Creep on the spot!



Crouch up and down!

Roll a Task: Brain Break



20 Jumping Jacks



15 Sit-Ups



Hop on one foot



10 Push-Ups



Touch your toes
(hold 15 seconds)



Run in place

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

Some children might find it difficult to switch from a movement break back to a work task immediately. If this is the case add in a heavy calming activity to organise and focus the brain again.

Push the Wall

Each child finds a space facing the wall. Standing about 2 feet back from the wall place palms on the wall with straight arms. Tell the class the room feels too small let's push the walls away and encourage them to push as hard as they can against the wall. If you are limited for wall space this exercise can be done on the floor in plank position telling them to push the floor away.

Push the Wall Back

Push the Wall Back! Get the child to stand as straight as possible with their back to the wall (as if you are checking their height). If a child struggles to keep their back and head flat against the wall it's an indication of difficulties with vestibular and proprioceptive processing – practicing this every day can help (which then also helps with focus, coordination, learning etc)!

Relax and Release Poem

Pull the hands into very tight fists.

Ahh, let them go with a swish, swish, swish.

Squeeze tight, tight, tight with all the might.

Now just relax and make them light.

Curl the toes into a ball.

Now let them go, release them all.

Squeeze tight, tight, tight with all the might.

Now just relax and make them light.

Big Fat Puddle

Pretend you are standing in your bare feet in a big, fat muddy puddle

Squish your toes right down in the mud

Try to get right down to the bottom of the puddle

Now step out of the mud and relax your feet

Let your toes go loose and see how nice that feels

Back into the muddy puddle

Squish your toes right down

Use your legs to help you push right down

Push down, harder, harder

Come back out the puddle now

Relax your feet, legs and toes

It feels so good to relax – feel all warm and tingly all over



Squeezing Lemons



Imagine squeezing all the juice out of a lemon by closing your fist tight. Hold for 5 seconds then release for 5. Imagine you can see the lemon juice dripping.

Repeat with the same hand 5 times and then swap to the other hand

Focus on how each hand feels when it's squeezing the lemon and relaxing and compare to the other hand

Heavy Lifting

Lifting and carrying heavy items calms and organises the proprioceptive and vestibular systems. Have a backpack of items available and ask the child to carry it or carry a box of heavy items (just make sure the bag/box isn't too heavy and doesn't affect posture while being carried).

When I am feeling frustrated,



I can choose to...

<p>Take a walk</p> An illustration of a boy in a blue shirt and shorts walking.	<p>Take deep breaths</p> An illustration of a girl with blonde hair sitting on the floor, taking deep breaths with steam coming out of her ears.	<p>Count 1,2,3,4,5</p> An illustration of a girl in a purple shirt and blue pants counting on her fingers.
<p>Read a book</p> An illustration of a girl with blonde hair sitting in a chair reading a red book.	<p>Stack blocks</p> An illustration of a boy in a green shirt and blue pants sitting on the floor stacking colorful blocks.	<p>Take a break</p> An illustration of a boy in a red shirt and blue pants lying on a green cushion, taking a break.