



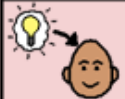
Movement Breaks



Movement breaks allow the brain processing time and can help improve concentration.



Movement breaks give us space and time to regulate our emotions.



Movement breaks give us opportunities to refocus.



What Movement Breaks can I take?



go for a walk



dance



go up the stairs



go down the stairs



go for a run



pace



a lap of the floor.



sit ups



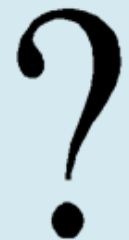
push ups



chair push-up



give out resources



something else

