

Classroom Movement Breaks

1. **Animal Walks:** These are great movement breaks to work on coordination, motor planning and strengthening. In addition to this, kids love them!

Crab Walks

Cue students to keep their bum up as they walk. Go forwards or backwards.



Turtle Crawl

Crawl slowly on hands and knees keeping back flat.



Seal Pull

Lie on stomach, propped up on straight arms. Pull yourself across the floor using arms only.



Bunny Hop

Squat, reach hands forward, then hop feet to hands.



Frog Jump

Place hands and feet on the floor. Jump forward with the legs.



Bear Walk

Place hands and feet on floor. Keep arms and legs straight. Move right arm and leg forward, then left.



2. **Windmills:** Have the students stand with legs shoulder width apart, reach up high and then reach down with left hand to touch right foot, while the right hand stays in the air. Then repeat with the other side. You can place sticker cues if needed (e.g., on the left hand and right foot), as a visual cue for which foot to touch with which hand.

3. **High Jumps:** Have the students jump up as high as they can on the spot ten times.

4. **Chair Push-Ups:** Sit on a chair and hold onto each side of the seat of the chair. Lean forward and push down with the arms lifting bum off the chair and legs off the floor and balance for a few seconds. See how many you can do in a row or do fewer but try to hold each one as long as you can.



5. **Bridging:** Have the students lie on their backs on the floor with hips and knees bent and feet flat on the floor. Lift up the hips, making a bridge for cars or other toys to drive under.
6. **Wall Pushes:** Find a spot on the wall and try to “push the wall away” using different body parts (i.e., hands, feet, back, hip, shoulders). Hold each position for at least 15 seconds.
7. **Action Songs:** Try classics such as: Head and Shoulders, The Wheels on the Bus, the Chicken Dance, Pop Goes the Weasel, or choose your own.
8. **Shakes and Wiggles:** Put the wiggles on one arm, then the other arm so that both arms are wiggling. Now take the wiggles off your arms and put them first on one leg, then the other leg so both legs are wiggling. Now take the wiggles off your legs and put them on your face. Slowly lower your arms to your sides and sit back in your chair quietly (Henry, 2011).

9. **Popcorn Maker:** Sit in a chair with feet flat on floor. Put your hands on the chair at your sides. Begin to slowly bounce up and down like a piece of popcorn beginning to warm up. Use your hands and feet to help push you up and down. Go faster and faster as the popcorn begins to pop. Gradually start to slow down and then stop (Henry, 2011).

10. **Fragile Egg:** Sit on the floor, with knees bent and arms hugging the legs just behind the knees. Keep your chin tucked and slowly roll onto your back. Rock back and forth 10-15 times, then roll back to a sitting position (Henry, 2011).



11. **Row Your Boat:** Two students sit on the floor, legs extended, feet touching, facing each other. Students clasp each other's hands and rock back and forth singing "Row, Row, Row your Boat". You can also try this sitting cross-legged.

12. **Rocking Puppy:** Students go onto hands and knees on the floor and slowly rock forward and backward for ten to fifteen seconds (Henry, 2011).

13. **Push o' War:** In pairs, students kneel on the floor (keeping their bum off their feet) facing each other. Partners reach their arms forward and place their palms together. Partners push against each other's palms, trying to get their partner's bum to touch their feet.



14. **Windshield Wipers:** Students stand with arms above their head in a "V" shape. Students cross straight arms 5 times with right hand on top then 5 times with left hand on top. Repeat but with both arms pointing down to the floor (Henry Occupational Therapy Services, Inc.)

15. **Statue Freeze:** Students stand on one foot for as long as possible trying to "freeze" like a statue. Repeat on the other foot. Then try to stand on tip-toes as long as possible without moving your feet.

16. **Cross-Crawls:** Students begin by very slowly marching in place and touching each hand to the opposite knee as it is lifted in the air. Once students have the hang of it, try to go faster.

17. **Chair Pull-Downs:** While seated at their desks, students grab on to both sides of their chair and pull up with both arms, trying to push their bum down into their seat. Hold each pull-down for a count of "5-one-thousand". Repeat.

18. **Push-Pull-Hug:** Students push their palms together as hard as possible. Students hook their fingers together then try to pull their hands apart. Students wrap their arms around their body (e.g., like a hug) and squeeze as hard as they can. Hold each position for a count of "five one-thousand" (Olsen, J. Z., 2003).



Suggestions adapted from "How Does Your Engine Run?"TM – A Leader's Guide to The Alert Program for Self-Regulation by Mary Sue Williams and Sherry Shellenberger.