Movement Breaks

Movement breaks are brief intervals that let your student move their body and help them to pay attention and stay on task, not to mention reduce stress. Typically a good rule of thumb is to do a 2-5 min movement break every 30 mins or so, but you make the rules in your homeschool and know your child better so you can incorporate however you need to. Below are some websites and suggestions you can use to provide movement in your day.

Websites

www.gonoodle.com

https://app.sworkit.com/collections/kids-workouts

https://www.youtube.com/user/JackHartmann

https://www.youtube.com/user/TheLearningStation

Ideas

Dance to your favorite music

Freeze Dance - Stop the music and freeze

Simon Says

Movement songs – Head/shoulders/knees/toes, Hokey Pokey, Tooty Ta

Pretend to be animals - Call some out to your child and see their interpretation of some of the animals in the zoo

Scavenger Hunt - Go find something green, something with wheels, something that stirs, etc.

Obstacle courses - you could do inside or outside, we have all seen the sidewalk chalk ones all over social media