



Body Breaks - What, Why, & How



What are body breaks?

A body break is a 2-5 minute movement break from an activity that our children are focusing on.

A body break can help children shift their focus by getting in some exercise. The goal of a body break is to increase blood flow to the brain, which in turn helps our child focus, and stay alert. Especially if your child has been sitting for a while. Breaks should be done throughout the day every 10-15 minutes with younger children, or every 20-30 minutes for older children.

Benefits of body breaks

1

MOOD

A way to relieve frustration, and stress

2

ATTENTION

Increases focus and ability to stay on task

3

BEHAVIOURS

Can help our child learn to self-regulate

Body Break Ideas:

- **Animals walks** - Walk like a bear, jump like a frog, stand like a flamingo, fly like a bird, crawl like a snake.
- **Use your space to do some exercises** - Wall push-ups, jumping jacks, sit-ups, or running on the spot.
- **Simon says do a movement** - Touch your toes, reach for the sky, bend your knees, etc.
- **Yoga ball Games** - Wheel barrow to pick up a toy and bring it back, pick up and carry it across the room, roll to a partner etc.
- **Rocket ship jumps** - Have your child crouch and touch their toes, bounce lightly and count down from 10, then blast off
- **Freeze dance party / Movement songs** - Play a song that your child enjoys, and shout out freeze at random times. Have your child act out the movements to a song (example: Head, shoulder, knees and toes or shake your sillies out).
- **Blow bubbles** - Have your child chase and pop the bubbles with their hands, or stomp on them with your feet. You can even make it silly and have them try to catch it on their elbow.
- **Balance Challenge** - Setup a board or put some tape on the ground and have your child balance as they try to walk in a straight line.
- **Breathing Exercises** - Have your child take break by taking a breath. You can smell the roses and, blow out the candles, or help them blow up a balloon for a game.



YOUTUBE BODY BREAK LINKS:

- **Cosmic Yoga:** A big collection of yoga routines presented as adventures for children. Check out the short 2 minute videos for brain breaks or the longer stories if you have more time. <https://www.youtube.com/user/CosmicKidsYoga>
- **Debbie Doo:** Great movement routines to simple songs, perfect for younger children. <https://www.youtube.com/channel/UCMyyXCurk6jXXOWt2eKyCgg>
- **Go Noodle:** Looking for a dance video, a workout or some calming exercises this could be a good place. Videos for all ages. <https://www.youtube.com/user/GoNoodleGames>

