



Mini Movement Breaks

Collection of over 60 quick movement breaks
for school, home or therapy clinic.

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Directions for Mini Movement Breaks:

Suggestion: If you are giving out the mini movement breaks to a teacher or parent include a copy of the Mini Movement breaks hand out on page 4.

Box Mini Movements:

Print out pages 5-6. Glue on to top of shoe box. Cut out circle on green box and slot on red box. Wrap the rest of the shoe box if desired in decorative paper.

Print pages 8-15. Cut out each card so that you have 63 cards. Write activities on the blank cards if you would like to add more specific activities. Fold each card and place it in the box. Put green top on this shoe box. Put red top (STOP) on the empty box.

Print page 16. Hang it up in the room.

When you are ready for a mini movement break, the child reaches into the green (GO) box. The child picks out one piece of paper. Read the activity aloud. The children perform the mini movement break. When completed put the piece of paper into the slot in the red (STOP) mailbox.

When done with the mini movement break, read aloud and follow the steps on the Breathe In, Breathe Out poem.

Notepad Mini Movements:

Print out pages 7-15. Cut out the cards on a paper cutter. Try to cut them out exactly along the lines. Stack the 63 cards in a neat pile. Put the cover on top and the cardboard backing on the bottom. Again, stack it all up neatly. Clamp it together using clips or large clothes pins. Use a paint brush to put tacky glue at the top of the cards to create a notepad. Leave clamps on and let dry for several hours. Once dry, remove clamps and your mini movement notepad is ready to go. Use for daily activity - perform mini movement and tear it off notepad.

Mini Movements Pocket Chart:

Print out pages 8-15. Cut out the cards. Randomly place the cards in a pocket chart leaving some pockets without cards. Now place blank paper or cards over the mini movement cards and in the empty pockets.

Object of the Game: Get the most mini movement cards.

Player One: Removes a blank card to uncover whether there is a mini movement card behind it. If yes, perform activity and keep card. If no, player 2 takes a turn. The player with the most mini movement cards when the pocket chart is empty is the winner.



Mini Movement Breaks:

Purpose: Encourage children to participate in mini movement breaks throughout the day to increase physical activity and practice sensory motor skills.

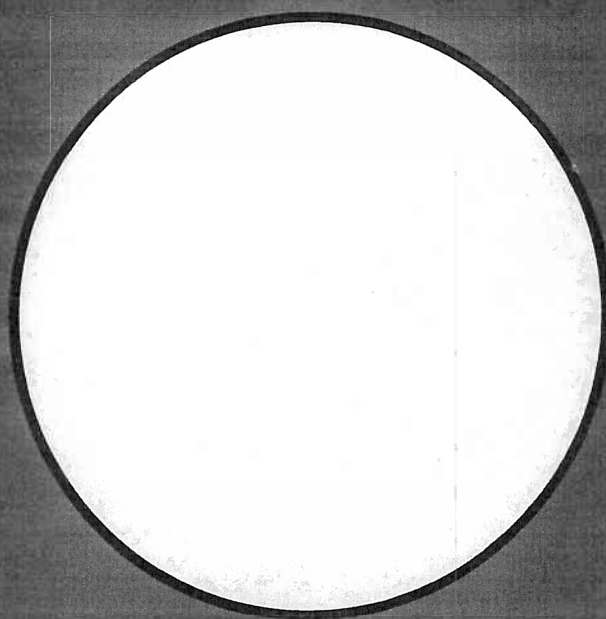
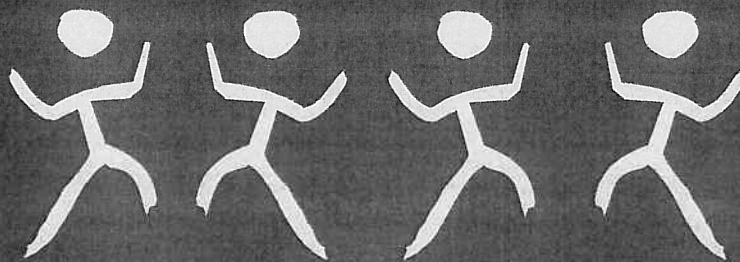
Safety Reminders:

1. Make sure each child has plenty of empty space around them (arms length at least from another person or object).
2. Make sure the floor does not have any objects on it that would make a child fall.
3. Remind the children to move their bodies in a controlled manner.

Tips on Mini Movement Breaks:

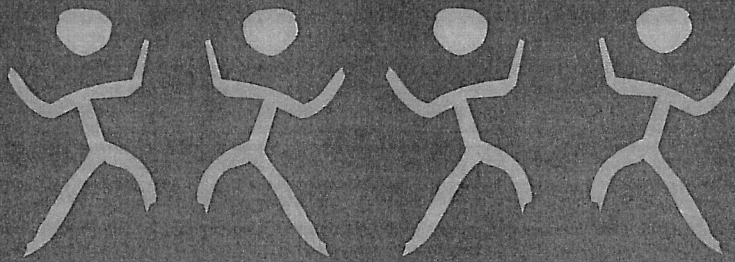
1. Provide a structured environment even though children are moving. Have a consistent routine with the mini movement breaks - the boxes can help with this. Children will become familiar with green means GO and red means STOP.
2. Set up boundaries and rules in the room.
3. An adult or child can demonstrate the mini movement breaks if necessary.
4. Finish each mini movement break with the Breathe In, Breathe Out poem to return to a calm body so that children are ready to work.

Shoe Box
Cover



**Mini
Movement
Breaks**

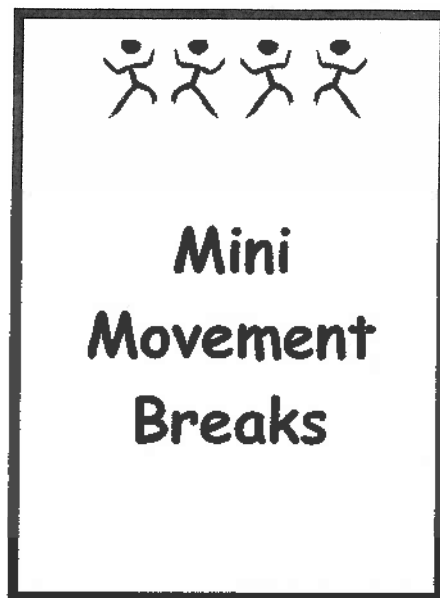
Shoe Box
Cover



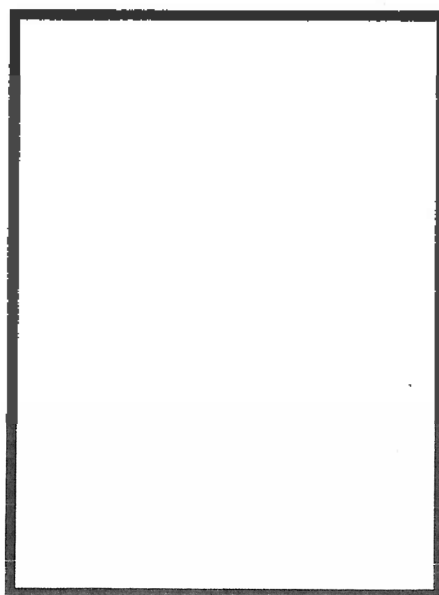
Mini
Movement
Breaks
Mailbox

Note Pad Templates

Cut out and
use for the
cover of the
notepad.



Cut out piece
of cardboard
this size to be
the back on the
note pad.





Jiggle, wiggle
and giggle your
whole body for 2
minutes.



Create a dance
using only your
arms and teach
it to someone
else.



Sing the
alphabet slowly,
making each
letter with your
body.



Find a partner.
Mirror each
others actions
for several
minutes. Change
partners.



Walk on a line on
the floor or
outdoors.
Careful not to
step off line
when passing
others.



Sit on floor. Lift
feet in air and
pretend to bike
ride. Ride up and
down hills. Ride
fast and slow.



Pretend you are
skiing downhill.
Bend knees, jump
over moguls, use
poles and sit on
chair lift to go
back to top.



Do jumping jacks
in standing and
sitting in chair.
Count by 2's, 5's
or 10's.



Create
movement
patterns to copy
For example:
step-step-jump
hop-clap-hop
clap-wave-wave



Create a dance with a partner. Demonstrate it to the group.



March in a parade around the room. Wave, march with knees high or goose step.



Move around the room acting like a bear, giraffe, elephant and alligator.



Pretend you are doing karate. Move slowly. Do karate chops with hands and karate kicks.



Create a dance using only your legs. Teach it to a friend.



Perform 10 wall push-ups in 5 different spots in the room.



Pretend to ride a roller coaster: move slowly to top, move fast around curves, pull slow into station. Repeat.



Crazy Glue: Try to move your body while pretending different body parts are glued to floor.



Practice bird movements:
flapping
gliding
landing



Pretend to jump rope in place 25 times.



Move like types of storms: tornadoes, thunder, rain and hurricanes.



Perform 26 chair push ups while reciting the alphabet.



Pick several destinations. Walk to each one. How many steps did it take to get to each one?



Make your body into the following shapes: triangle, heart, circle, rectangle, cross and arch.



Do chair aerobics. Perform these sports in the chair: ice skating, running and bike riding.



Egg Rolls: Lay on floor, bring knees to chest and clasp hands. Rock back and forth. Don't crack the egg.



Practice moving at different speeds in place: walk, march, jog and run for 1 minute each.



Pretend to ride a carousel. Get on horse, take steps moving up and down walking in a circle around the room.



Pretend to be a boxer: jab right, jab left and move quickly on feet. Do not hit anyone!



Hand Walking:
Face a wall.
Place hands on the wall. Move hand over hand around the entire room.



Name Air
Writing: Spell your name in the air using body parts - try hand, elbow, knee and foot.



Monkey Around:
Pretend to climb trees, swing from vines, pound chest and eat bananas.



Roaring Rapids:
sitting in chair pretend to row a boat slowly and faster. Bump in chair for the waves.



Timed Tasks:
Record how many jumps, hops, knee lifts, claps, etc that you can do in a minute.



Move around the room pretending to be a snake, wolf, butterfly and rabbit.



Body Glue:
Pretend to be glued to a partner at one body part. Walk around room together.



Walk and Jump Partners: 1 person walks 2 laps around room and other person jumps in place. Switch roles.



Find a staircase.
Walk up and
down several
times. Now walk
up and down very
slowly 1x.



Pencil Jumps:
Put pencil on
floor, jump or
step backwards
and forwards
over pencil 20x.



Take a walk
around school or
house. How
many letter "M"s
can you find?



Low and High:
Squat down low
and walk around
room. Stand up
tall on tip toes
and walk around
room. Repeat.



Transportation:
Move around the
room driving a
car, train,
bicycle and
place.



Surfs Up:
Pretend to swim
out on surf
board, stand up
to catch wave
and balance on
board.



Practice these
dance moves:
raise the roof,
spin, step right,
step left and
can-can.



Conga: Make a
line. Hold
shoulders of
person in front
of you. Move
around room.
Change leaders.



Motor Memory:
Do 1 movement,
2nd person does
that movement
and adds 1 more.
Continue adding
movements.



Line Dancing:
Create a country line dance to do all together.



Rock Band:
Pretend you are in a band - play the air guitar, drums and saxophone.



Ice Skating:
Pretend to ice skate around the room. Slide feet out, skate on one leg and do a spin move.



Circus Act:
Pretend to juggle, ride a horse, walk on tightrope and train tigers.



Opposites: Move in opposites. Try fast and slow. Walk tall and walk short. Stand up and sit down.



Dinosaur Stomp:
Stomp around the room like dinosaurs.



Pretend to throw imaginary objects such as feathers, cotton balls, rocks or boulders.



Create an obstacle course: climb over chairs, under desks and jump over books.



Read a short story aloud. When you read the word "the" children do an action i.e. jump, hop or wave.



Press hands together at chest for 10 sec., overhead for 10s. and at floor for 10 sec. Shake arms out.



Stretching:
Stretch arms overhead, to side and to floor moving slowly. Repeat.



Move like farm animals around the room. Guess what animal others are pretending to be.



Sport Charades:
Play charades acting out different sports.



Simon Says: Play a round of Simon Says.



Freeze: Say "GO" - kids move around room. Call out "freeze". Kids must freeze in exact pose until "GO"



Walk Tag: Pick 1 child to be it. Kids walk around room. To avoid being tagged child must sit in a seat.



Red Light/Green Light: Hold up green paper kids move all around. Hold up red paper kids stop moving.



How Many?
How many jumps, hops and steps does it take to get across the length of the room?



Breathe In, Breathe Out

**5...4...3...2...1...,
Now we are all done.**

**Slowly, take a deep breath in,
And blow that breath out.**

**Again, take a deep breath in,
And blow that breath out.**

**One more time, breathe in,
And blow that breath out.**

**Time to take your seat,
And quiet your hands and feet.**