

Movement breaks at Our Day Nursery



A movement break is an opportunity to move that enables an individual to have a break from learning and then regroup and re-focus on the task or activity at hand. It is typically a physical activity that will stimulate the whole body that averagely takes anything from 1 - 5 minutes.

For anyone that needs one! Movement is essential for young children, it supports their brain development and enables them to engage. The whole group could take part, a small group or an individual.

The aim of a movement break is to create the right level of alertness for a person to focus and concentrate. Movement breaks help to support the body's sensory systems and as a consequence, tend to improve sensory and emotional regulation.



A space that is appropriate for the specific movement break required (and has relevant equipment if equipment is necessary), this could be within a nursery room, in the corridor or outside.



A movement break usually takes place when individuals have been static for a period of time and are showing signs of losing interest/ability to focus. They can be scheduled into transitions between activities so that they become part of a routine or take place as and when needed.



Examples of movement breaks that can be used within different rooms at Our Day Nursery

Baby

- Go crawling through a tunnel (you could make a tunnel with boxes) or carry out a crawling race with babies and adults from one end of the room to the other
- Walk around the room twice (with an adult supporting by holding hands or trunk)
- Shake some instruments or bang spoons on pots and pans
- Use push and pull toys
- Encourage standing and squatting alternatively by holding toys or motivating/interesting items up high then immediately placing them down low on the floor to get babies reaching up high then squatting



Transition

- Stretch up high then touch your toes x 5
- Go for a walk round the garden (holding adult's hand if necessary)
- Use coloured floor spots and jump between them
- Throw bean bags into a hoop then go and retrieve one at a time

Toddler

- Jumping on a trampette 10 times, pausing and jumping again
- Dancing with sensory scarves for 2-3 minutes
- Make transport movements, adult calls out mode of transport and children all make moves associated with that mode of transport
- Mark a line on the floor using tape and encourage children to walk along it balancing with their arms out

Pre-school

- Bouncing on a gym ball 10 times, pausing and then bouncing again
- Walk like an animal e.g slither like a snake, stomp like an elephant, waddle like a penguin
- Carry out a wiggle dance or 'shake your sillies out'
- Stand up and air draw, this could be certain shapes or letters and make sure to engage the whole body