



HOW TO PROVIDE BODY BREAKS THROUGHOUT THE DAY?

What are body breaks?

Body breaks are used in times when a person demonstrates the inability to focus, maintain attention, becomes silly or hands on and is having trouble listening. An adult may feel the need to get up from their desk for a bathroom break or a little walk. Body breaks add a level of physical activity in a creative way to get children moving. Children benefit from the movement body breaks have to offer -physically, mentally and emotionally. Movement increases blood and oxygen flow to the brain which directly decreases stress and increases productivity, physical health and mental wellness.

Examples of body breaks:

Crab Walk

Start from a sitting position. Raise your bottom off the ground using your arms and legs and move across the room rotating the use of your arms and legs.

Bear Walk

Reach down from a standing position and touch the ground, start walking on your hands and feet.



Crab Walk



1

2

Bear Walk

3 times



1

2



Canadian Mental Health Association
Waterloo Wellington

Association canadienne pour la santé mentale
Waterloo Wellington



Play with Play dough
Play dough is very calming and re-energizing for kids. Anytime they can squeeze, roll or manipulate play dough, this can be considered a body break.



Play Dough Prints



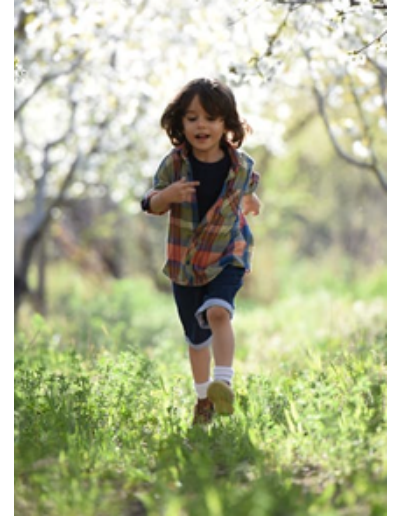
EVERYTHING YOU NEED FOR YOUR
PLAYDOUGH CENTERS





Gross Motor Movements

Get your kids moving!
Running, jumping, walking, skipping, stretching, dancing, yoga anything you can think of.



Heavy Lifting/Pushing Activities

These are activities that take some effort and help to ground a child. Some children need these activities to support their bodies to calm and move on.



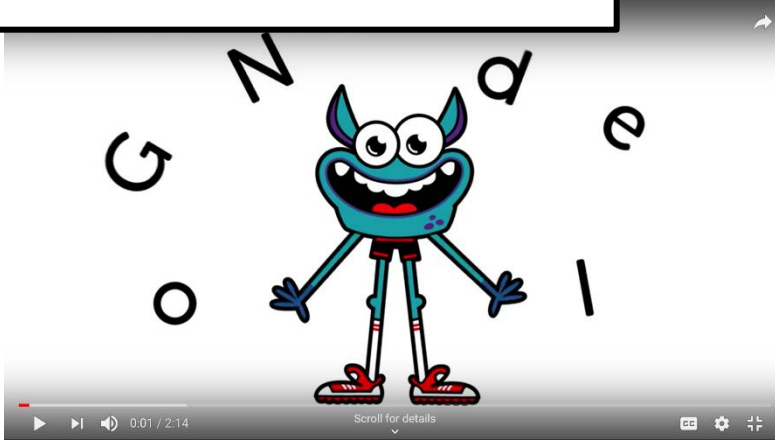


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Websites/Youtube Channels



GoNoodle

(on Youtube)



**The Learning
Station**

(on Youtube)



<https://www.bodybreak.com/your-health/kids-health>



Breathing

Using breathing as a calming technique.



BREATHE IN

Pretend you are smelling a flower.



BREATHE OUT

Pretend you are blowing a leaf.

BALLOON breathing



1. Think of your belly as a balloon.
2. Put your hand on your belly to feel it rise and fall.
3. Take a deep breath in through your nose to fill your balloon.
4. Hold your breath for 2 seconds.
5. Breathe out through your mouth slowly to deflate your balloon.
6. Repeat balloon breathing 5 times.

*Follow your own breathing rhythm.



KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!



IF YOU ARE HAPPY AND YOU KNOW IT...

- Bend your knees
- Bow
- Clap your hands
- Clap your knees
- Climb the stairs
- Close your eyes
- Cross your arms/legs
- Dance
- Freeze
- Give yourself a hug
- Hop on your left/right foot
- Jump
- Laugh
- Make a funny face
- Move forward/back one step
- Move like a robot
- Open your mouth
- Play the air-guitar
- Put your hands on your hips
- Put your hands on your shoulders
- Put your hands on your stomach
- Put your thumbs up
- Raise your left/right arm
- Reach for the sky
- Roll your eyes
- Shake your body
- Shake your head
- Shake your left/right foot
- Sing a song
- Smile
- Snap your fingers
- Snap your feet
- Stand on your toes
- Stick your tongue out
- Swim
- Touch your elbow
- Touch your mouth
- Touch your nose
- Touch your toes
- Turn around
- Walk on the spot
- Wave goodbye
- Wave with your left/right hand
- Wiggle your fingers



CHARADES FOR KIDS

a bear riding a bike
an octopus water-skiing
a giraffe playing basketball
a pig playing hockey
an elephant riding a roller coaster
a fish going to school
a cat giving himself a bath
a flamingo drinking from a water fountain
a dog driving a car
a camel taking a nap
an ostrich burying his head in the sand
a racoon digging through the garbage
a squirrel burying a nut
a monkey climbing a tree
a bunny dancing
an alligator washing a car
a bird building a nest
a dinosaur playing hopscotch
a penguin going down a slide
a kangaroo boxing



SIMON SAYS FITNESS DISGUISED AS FUN





















Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

- | | | |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| Shake your whole body. | Hold your arms out at your side and make circles with them in the air. | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down. | | |
| Spin around in circles. | Hop on your left foot 10 times. | Lay on the floor and stretch out as far you can for 10 a count of 10. |
| Do a cartwheel. | Hop on your right foot 10 times. | Pretend to shoot a basketball 10 times. |
| Do a somersault. | | |
| Wave your arms above your head. | Hop around like a bunny. | Pretend to jump rope for a count of 10. |
| Walk like a bear on all 4s. | Balance on your left foot for a count of 10. | Pretend to ride a horse. |
| Walk like a crab. | Balance on your right foot for a count of 10. | Pretend to milk a cow. |
| Hop like a frog. | Bend down and touch your toes 10 times. | Take 5 of the biggest steps forward that you can. |
| Walk on your knees. | Reach behind you and try and hold your right foot with your left hand without falling over. | Pretend to lift a car. |
| Lay on your back & pedal your legs in the air like you are on a bike. | Show off the muscles in your arms. | Do the strangest dance you can think of. |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. | | Scream. |



Superhero Action Training

Directions: Perform each action. Check it off when complete. Circle all the action verbs.

<input type="checkbox"/> balance on one foot for 10 seconds		<input type="checkbox"/> bend and touch your toes 10x	
<input type="checkbox"/> crawl forward for 10 feet		<input type="checkbox"/> curl your body up and hold for 10 seconds	
<input type="checkbox"/> gallop for 10 steps		<input type="checkbox"/> hop on one foot 10x	
<input type="checkbox"/> jump in place 10x		<input type="checkbox"/> kneel up tall for 10 seconds	
<input type="checkbox"/> leap forward 10x		<input type="checkbox"/> roll in a straight line for 10 feet	
<input type="checkbox"/> run in place for 10 seconds		<input type="checkbox"/> sit and then stand up 10x	
<input type="checkbox"/> skip forward 10x		<input type="checkbox"/> slide to the right 10x <input type="checkbox"/> slide to the left 10x	
<input type="checkbox"/> stomp your feet in place 10x		<input type="checkbox"/> straighten your body and hold for 10 seconds	
<input type="checkbox"/> stretch your legs for 10 seconds		<input type="checkbox"/> twist your body to the right and left 10x	
<input type="checkbox"/> walk backwards for 10 steps		<input type="checkbox"/> wiggle your body for 10 seconds	

Go to www.YourTherapySource.com/superhero for the complete download