

Movement Breaks

Bi-lateral or cross-body movements can help activate both sides of the brain and may help provide a physical and emotional reset. It also allows helps the brain focus on the present moment and coordination.



Butterfly Hands (Any age)

- Take your right hand and touch your left collarbone.
- Take your left hand and touch your right collarbone.
- Your arms should be crossed across your chest in the shape of a butterfly.
- Very gently, begin to tap the fingers on your right hand then switch to tapping the fingers on your left hand. Repeat in a “fluttering” motion.



World Series Baseball Players (Younger kids)

Check to make sure you can reach your arms out all around you without touching anything.

- We made it to the World Series! You are the pitcher.
- You’re going to wind up your pitch and as you throw, move your arm out and across the opposite side of your body.
- Now try the other arm.
- Repeat 3 times on each side.



Gone Swimming (Younger kids)

- Picture a beach, a lake, or a pool. Let’s pretend to go swimming!
- Move your arms like a swimmer, alternating between your right arm and your left arm.
- Let’s swim fast! Let’s swim slow.




Opposites (Any age)

- Stand up.
 - Touch your right elbow to your left knee.
 - Touch your left elbow to your right knee.
- You can also try touching your right fingertips to your left foot.
 - Return to standing.
 - Touch your left fingertips to your right foot.
 - Return to standing. Complete a few repetitions while remember to breath.

Eye Exercise/ Break

With all this screen time, our eyes become used to looking at objects close-up and receiving electronic light. Try this exercise 1-2 times per hour to give your eyes the opportunity to receive natural light and strengthen distance vision. Taking this break can also be helpful for a mental and emotional reset.

	<p>“Eye Need a Break”</p> <p>If you are near a window:</p> <ul style="list-style-type: none">• Look out and identify the furthest thing you can see.• Focus on that object as you breathe. Notice how many details you can see. <p>If you are not near a window:</p> <ul style="list-style-type: none">• Look in the room around you and follow the same steps listed above.
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