

Why Use Movement Breaks?

Movement breaks can help re-energize students and increase their ability to focus. Movement breaks can also be used to help calm and relax the nervous system.



Movement Break Resources:

Sworakit Kid <https://app.sworakit.com/collections/kids-workouts>

Boks Kids <https://www.bokskids.org/boks-at-home/>

Cosmic Kids Yoga <https://www.cosmickids.com/category/watch/>

Activity Works <https://activityworks.com/>

Unicef Kid Power <https://kpop.ukp.io/login?view=83>

Move to Learn <https://movetolearnms.org/>

Zumba Kids <https://family.gonoodle.com/channels/zumba-kids>

Fitbound Inclusion Workouts https://www.youtube.com/channel/UC_cEjCHWUqwZr5O5scYBbkQ

Little Sports <https://www.youtube.com/channel/UCTlwFB4ciFi5ZClu-VlwaOg/featured>

Koo Koo Kanga Roo <https://www.youtube.com/user/kookookangaroo>