

## Movement and Brain Breaks

Movement is great for the brain and body. Brain breaks are mental breaks that helps kids stay focused. They get blood and oxygen moving in the body and to the brain and are used to both energize and relax. Movement breaks are also good for developing coordination and strengthening the body.

Ideas and resources for Movement and Brain Breaks include:

- YouTube videos
  - Jack Hartmann Kids Music Channel <https://www.youtube.com/user/JackHartmann>
    - See It, Say It, Sign It <https://www.youtube.com/watch?v=WP1bIVh1ZQM>
    - Exercise, Rhyme, and Freeze <https://www.youtube.com/watch?v=cSPmGPlyykU>
    - Move It and Freeze <https://www.youtube.com/watch?v=Ngg5zY0MOfI>
    - Letters of the Alphabet (Uppercase) <https://www.youtube.com/watch?v=SE-ljfAmZis>
    - Letters of the Alphabet (Lowercase) <https://www.youtube.com/watch?v=cRrYgWH8ffw>
  - Just Dance Videos
    - Trolls: Can't Stop The Feeling <https://www.youtube.com/watch?v=KhfkYzUwYFk>
    - Despicable Me [https://www.youtube.com/watch?v=Jf\\_dEcgeJWo](https://www.youtube.com/watch?v=Jf_dEcgeJWo)
    - What Makes You Beautiful <https://www.youtube.com/watch?v=834iwluP124>
- Go Noodle Website and App <https://www.gonoodle.com/for-families/>
- Roll Some Brain Breaks [http://www.yourtherapysource.com/files/Roll\\_Some\\_Fun\\_Freebie2.pdf](http://www.yourtherapysource.com/files/Roll_Some_Fun_Freebie2.pdf)
- Star Wars Workout
- Super Hero Action Training
- Roll Some Fun Sensory Packet