

# Body Breaks!

Your monthly tips and tricks newsletter completed by your School Occupational Therapist (OT)!

Body breaks at home or school can be a great way to increase attention and make for a better learning experience.



## Kindergarten

1. 10 Jumps (on the floor or a trampoline)
2. Walk like a bear (30 seconds)
3. Super-person hold (lay on stomach and lift arms and legs off the floor)
4. Practice balancing on one foot.
5. Mountain breathing x3



## Primary

1. 15 jumping jacks
2. Walk like a crab (30 seconds)
3. Super-person hold (lay on stomach and lift arms and legs off the floor)
4. Stack 10 chairs
5. Square breathing x4



## Junior

1. High-knees running on spot (30 seconds)
2. 15 jumping Jacks
3. 10 wall push-ups
4. 15 second plank hold
5. Yoga



## Senior

1. 30 jumping jacks
2. Vertical and horizontal arm swings (15 each way)
3. 15 wall push ups
4. 30 second wall-sit
5. Lazy 8 breathing



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