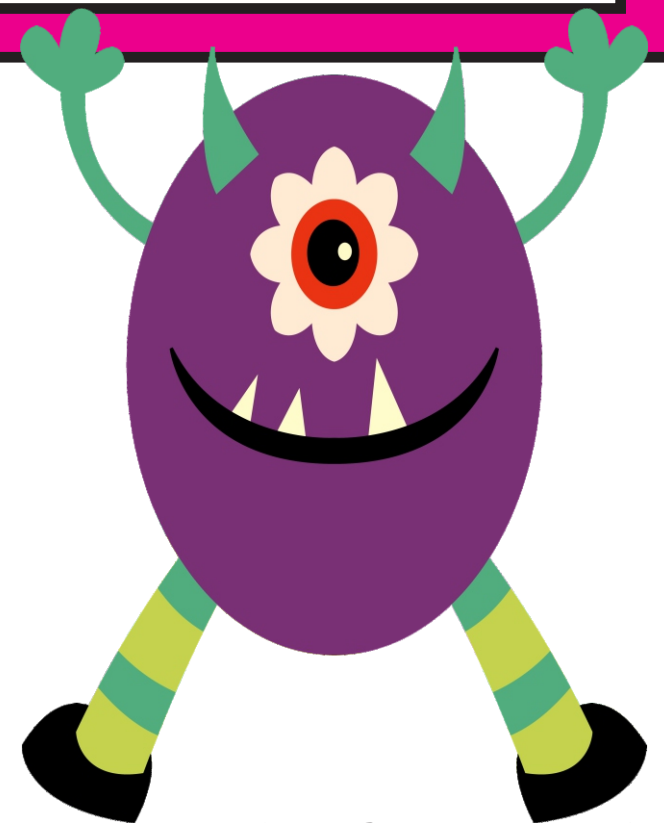


# Monster Movements for Transitions



56 movements  
to use when  
transitioning in  
the classroom or  
school.



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**Purpose of Brain Breaks:** Research has shown a positive association between 5-20 minute movement breaks in the classroom and cognitive skills, academic achievement, test scores, attitude and behavior. These quick transitional, movement breaks require no equipment and minimal space. The students can perform the activities right in the classroom when transitioning between subjects, locations in the classroom or in the hallway.

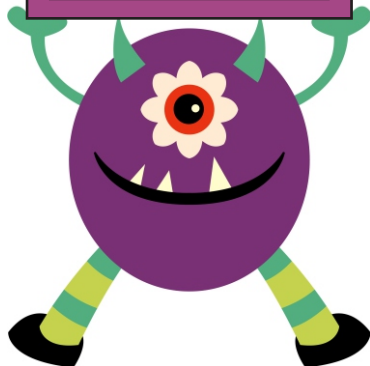
Reference: Centers for Disease Control and Prevention. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. Department of Health and Human Services; 2010.

**Tips on Movement Breaks:**

1. Provide a structured environment even though children are moving. Have a consistent routine when performing physical activities in the classroom. Make sure you teach children what STOP and GO means before starting.
2. Set up boundaries and rules in the room.
3. An adult or child can demonstrate the transitional movement breaks as necessary.

**Directions:** Print out the cards. Cut out and laminate for durability. Put cards into a box. Randomly pick a card to encourage physical activity during transitions. Want to use the cards at home? Perform movements for brain breaks, during TV commercials, review alphabet, every morning before school, etc.

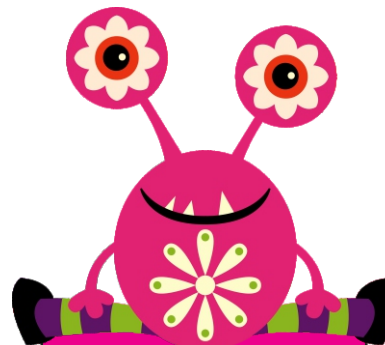
Popcorn  
Squat down low  
then pop up like  
popcorn as you  
walk.



Wet Dog  
Shake your  
body all over  
like a wet dog.



Slide your feet  
as if you are  
ice skating  
across a lake.



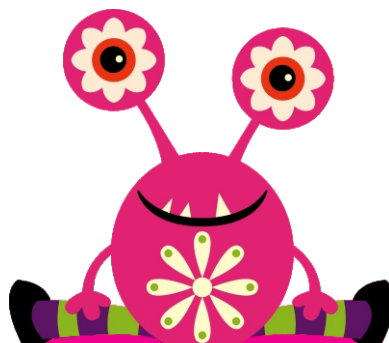
Move like  
Frankenstein -  
put your arms  
out in front  
and stomp  
your feet.



Downhill Skier  
Jump feet  
together, side  
to side to  
“ski” across  
the room.



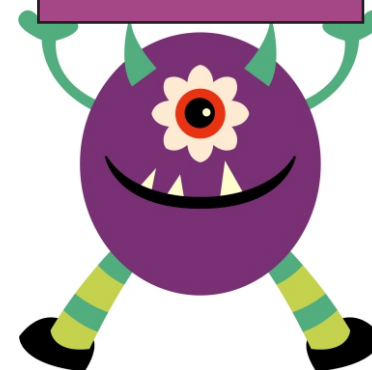
Shhhhhh!  
Quietly walk on  
your tip toes.



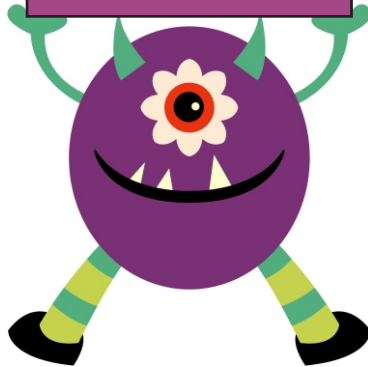
Do your best  
ballet moves -  
twirl, spin and  
stretch.



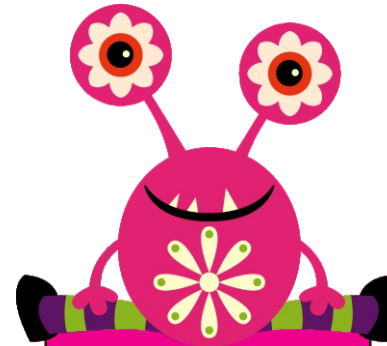
March in a  
parade - knees  
up high, arms  
swinging.



Splash  
"Swim" with  
arms in front  
and kick  
those legs.



Zoom! - arms  
out to side and  
fly around like  
an airplane.



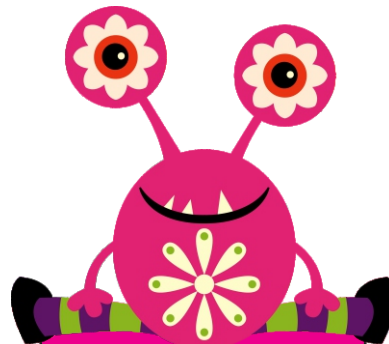
Choo - Choo!  
Move your  
arms in circles  
like train  
wheels.



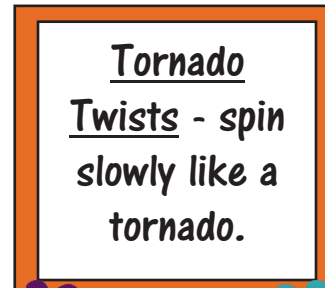
Hula Dance  
Move those  
hips and arms  
to hula dance  
across the  
room.



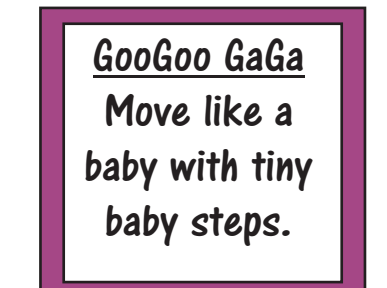
Do a traditional  
Native American  
Indian dance,  
hop 3x on right  
foot then  
3x left foot.



Circus Act  
Pretend to walk  
heel to toe on a  
tightrope.  
Don't step off.



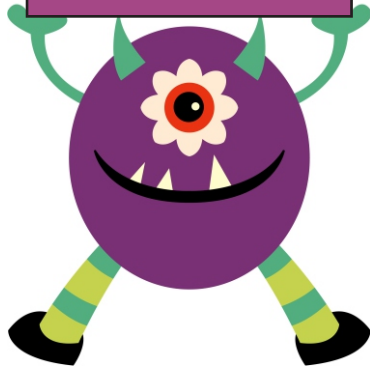
Tornado  
Twists - spin  
slowly like a  
tornado.



GooGoo GaGa  
Move like a  
baby with tiny  
baby steps.

Fee-Fi-Fo-Fum

Stomp your  
feet and take  
giant steps.



Rock on!

Play air guitar  
and dance as  
you move.



Gear up!

Move like a  
robot with stiff  
arms and legs.



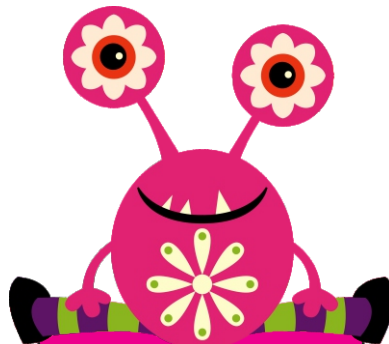
Beep-beep!

Turn your  
steering wheel  
and drive a  
car. No  
accidents!



Cross Country

Skiing - Slide  
left leg forward  
with right arm  
back and then  
switch.



Superman!

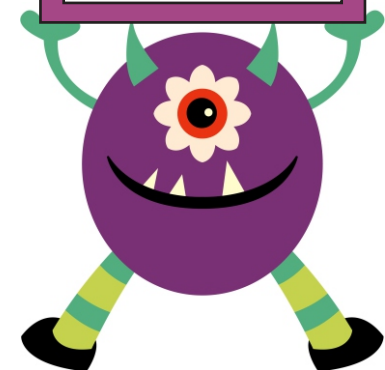
Pretend to  
leap and fly  
with arms out  
straight.

Clown Around  
Walk, rub  
tummy and pat  
head all at once.



Ancient Egypt

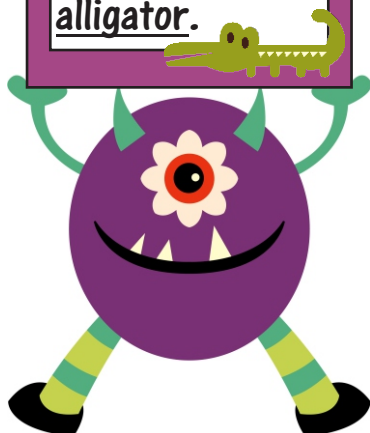
Walk like an  
Egyptian with  
palms pressed  
together.





Aa

Snap arms like  
the jaws of an  
alligator.



Bb

Flap your  
wings like a  
butterfly.



Cc

Crawl on the  
floor like  
a cow.



Dd

Crawl quickly  
along the floor  
like  
a dog.



Ee

Clasp hands  
together and  
swing your  
elephant  
trunk.



Ff

Hop around  
room like  
a frog.



Gg

Walk very tall  
with neck straight  
like a giraffe.

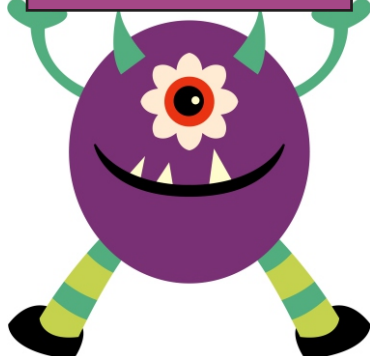


Hh

Walk & wiggle  
fingers behind  
back like a spiny  
hedgehog.



Ii  
Move super  
slow like  
an iguana.



Jj  
Wiggle arms  
and legs like  
a jellyfish.



Kk  
Walk and  
give yourself a  
big koala hug.



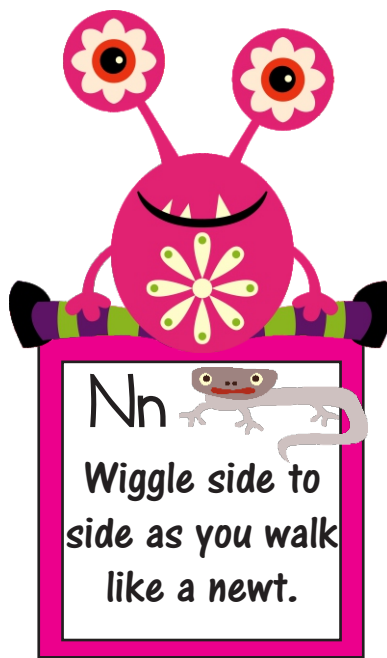
Ll  
Crawl on the  
floor like a lion  
hunting prey.



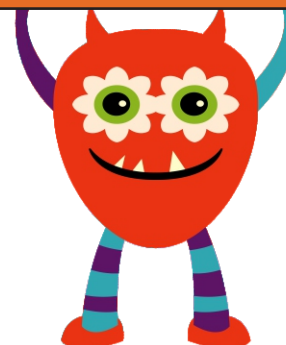
Mm  
Arms high,  
scratch your  
belly as you  
walk like a  
monkey.



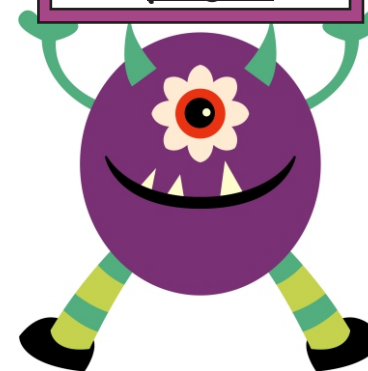
Nn  
Wiggle side to  
side as you walk  
like a nwt.



Oo  
Swing one arm up  
high then the other  
arm up high to walk  
like an orangutan.

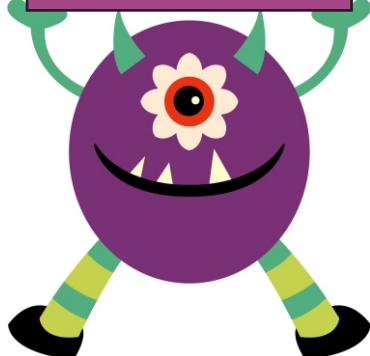


Pp  
Waddle with legs  
together and  
arms at side like  
a penguin.



Qq

Flap arms like  
a flying  
quetzal bird.



Rr

Hop like  
a rabbit.



Ss

Crawl on the  
floor like  
a sheep.



Tt

Crawl or move  
very slowly  
like a turtle.



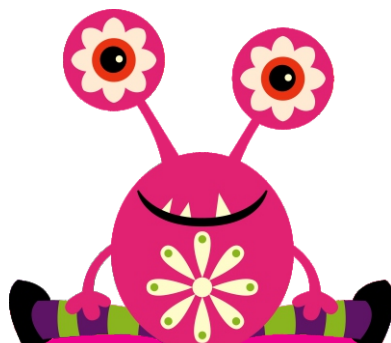
Uu

Make a horn  
with hands on  
head and gallop  
like a  
unicorn.



Vv

Scurry across  
the room  
like a vole.



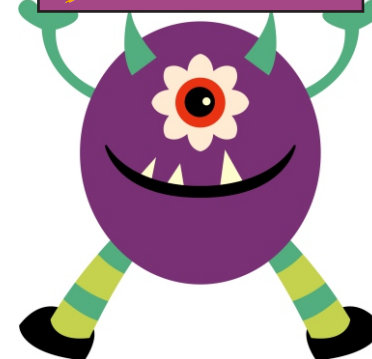
Ww

Move body up and  
down like a whale  
diving in water.



Xx

Put hands  
overhead,  
swimming like a  
type of swordfish  
called  
xiphias.

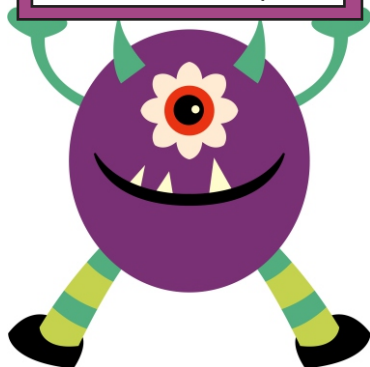






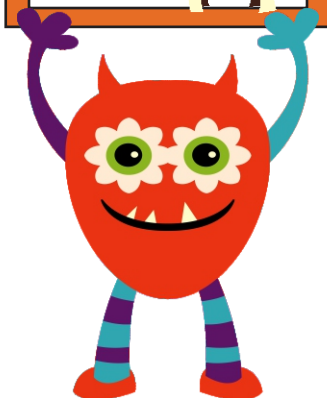
Yy

Walk with hands  
overhead for horns  
& turn head side  
to side like a yak.



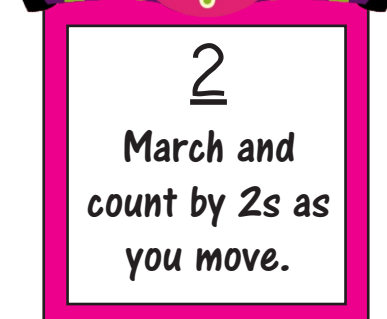
Zz

Gallop quickly  
like a  
zebra.



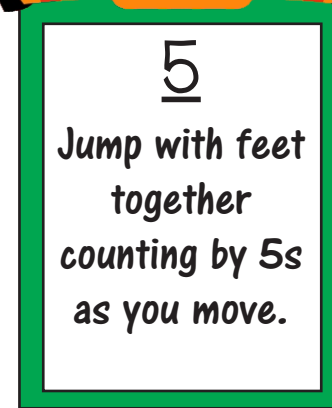
2

March and  
count by 2s as  
you move.



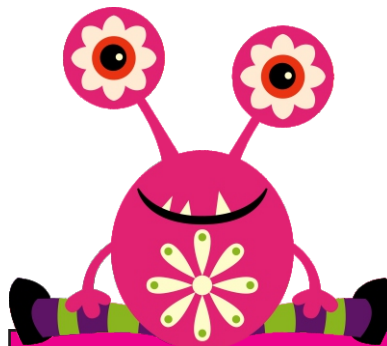
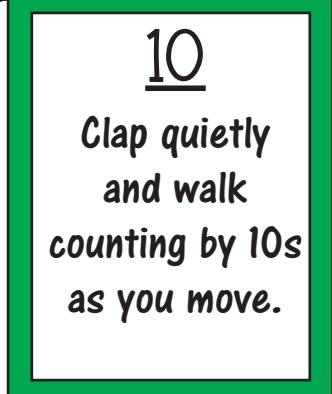
5

Jump with feet  
together  
counting by 5s  
as you move.



10

Clap quietly  
and walk  
counting by 10s  
as you move.



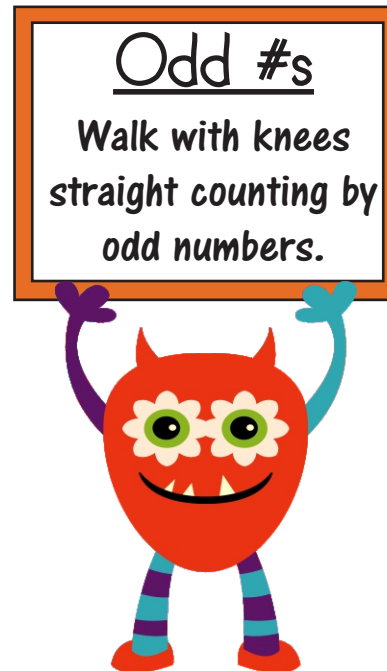
Even #s

March with knees  
high, counting by  
even numbers.



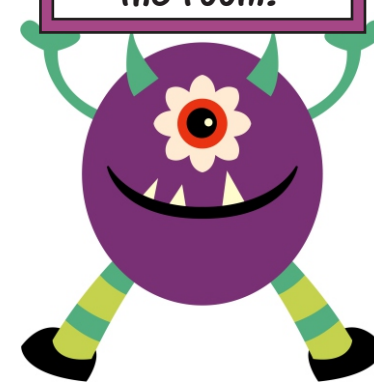
Odd #s

Walk with knees  
straight counting by  
odd numbers.



10

Can you move 10  
different ways  
across  
the room?



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