Monster Movements for Transitions

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


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.

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.

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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.

Tornado Twists - spin slowly like a tornado.

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

GooGoo GaGa Move like a baby with tiny baby steps.

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.
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.

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

Ancient Egypt
Walk like an Egyptian with palms pressed together.

Superman!
Pretend to leap and fly with arms out straight.
**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 newt.

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.

Tt
Crawl or move very slowly like a turtle.

Ss
Crawl on the floor like a sheep.

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

Vv
Scurry across the room like a vole.

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

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.

**Odd #s**
Walk with knees straight counting by odd numbers.

**Even #s**
March with knees high, counting by even numbers.

**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.

**10**
Can you move 10 different ways across the room?
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