

These sample Movement Breaks for the Classroom are from the complete set of Exercise Posters for the Classroom.

There is also a Chair Exercise Posters option!

Click on the pictures to get more information.

Exercises for the Classroom & Home

Wake Up Exercises

Be Strong Exercises

Focus Exercises

Stretching Exercises

Calming Exercises

Available as printed posters and digitally!

30 exercises to help children energize, strengthen, focus, stretch and calm that require no equipment.

Digital PDF Version includes posters, full size, and small chair exercise cards.

CHAIR EXERCISES FOR KIDS

Posture Exercises

Strength Exercises

Energy Exercises

Body Exercises

Calm Exercises

DIGITAL VERSION

Movement Breaks for the Classroom



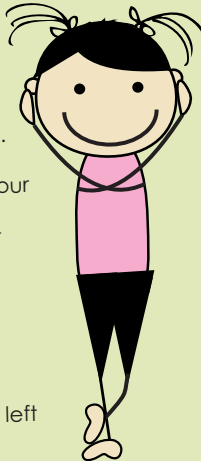
Cross Over Pose

Concentrate on a focus point.

Cross your left leg in front of your right leg. Cross your arms and touch opposite ears with your hands.

Hold this position, keep your eyes on the focus point, and take several deep breaths.

Cross your right leg in front of left leg and repeat.

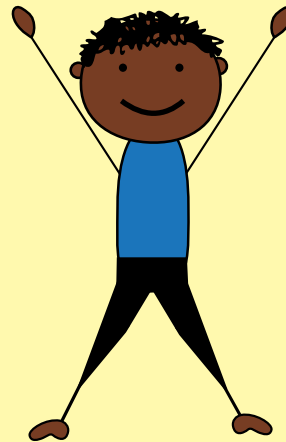
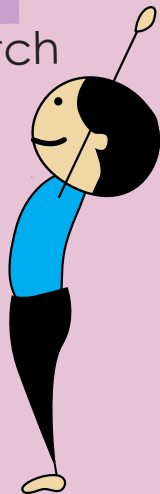


Back Stretch

Breathe in, bring your arms out to the side and up overhead, with palms facing each other. Reach your fingertips towards the sky.

Stand as tall as possible with your ears, shoulders, hips and ankles all in one line. Tilt the head back gently and focus your eyes on your thumbs.

Take deep breaths as you hold this position for 10 to 30 seconds.



Jumping Jacks

Do 30 jumping jacks.

Start with your feet together and arms at your sides. Jump your feet apart, raise arms up over head and clap. Jump back to feet together position with arms at sides.

Squats

Stand up with feet shoulder width apart, arms out to side, palms facing forward and fingers spread apart. Pull your belly in tight, stick your bottom out and slowly squat down. Stand back up.

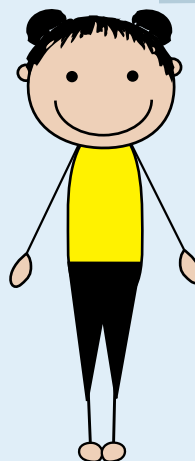
Breathe and do 20 squats holding your core muscles tight throughout.



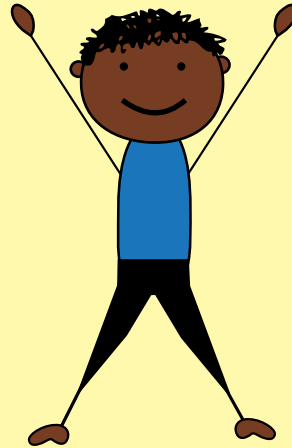
Mountain Pose

Stand up tall and gently rock back and forth. Tighten your muscles and feel your spine lengthen.

Hold this position for at least 30 seconds and take deep breaths.



Movement Breaks for the Classroom



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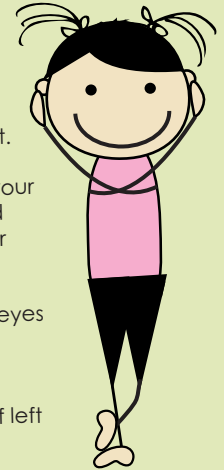
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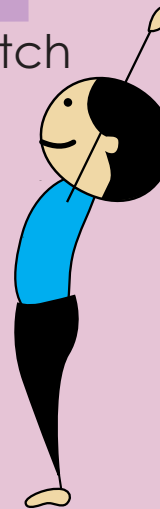


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