



Classroom Movement Space



A movement space is an identified area of the classroom where a child can independently complete a structured movement break consisting of sensory activities that support regulation and improve attention.

The importance of movement in the classroom:

Research shows that combining movement and learning improves executive functioning, memory, alertness, academic performance, attention and motivation. Children learn best when moving because it stimulates the neurons and electrical wiring in the brain that are involved in learning new information and skills (Stevens-Smith, 2016). All children benefit from frequent opportunities for movement but children with reduced attention or sensory processing difficulties need additional input to support their attention in the classroom. Movement activities involving heavy muscle work or deep pressure (proprioceptive activities) provide the optimal type of sensory input to promote attention and regulation.

How to set up the movement space:

- Choose a small area in the classroom next to a wall or close to the classroom if space is limited (e.g in the hallway).
- Place a soft mat (e.g a yoga mat) on the floor to outline the space.
- Print 1 set of pictures (4 images with same coloured border) and place them in order in a horizontal line on the wall above the mat.
- Print the hands and stick them to the wall to outline where wall push ups should be completed.
- Switch between the provided sets of pictures weekly.

How to use the movement space:

- Children who require additional input during the day (e.g children with sensory processing or attention difficulties) should be introduced to the movement space.
- The child is prompted to complete all 4 activities independently, using the visuals on the wall. This can be done at regular intervals throughout the day, when the child has been sitting for a long time or is becoming fidgety/restless in their seat.
- They may initially need supervision to complete the activities but through practice, they should be able to independently complete the activities, then return to their seat, which will provide them with a short, effective movement break.



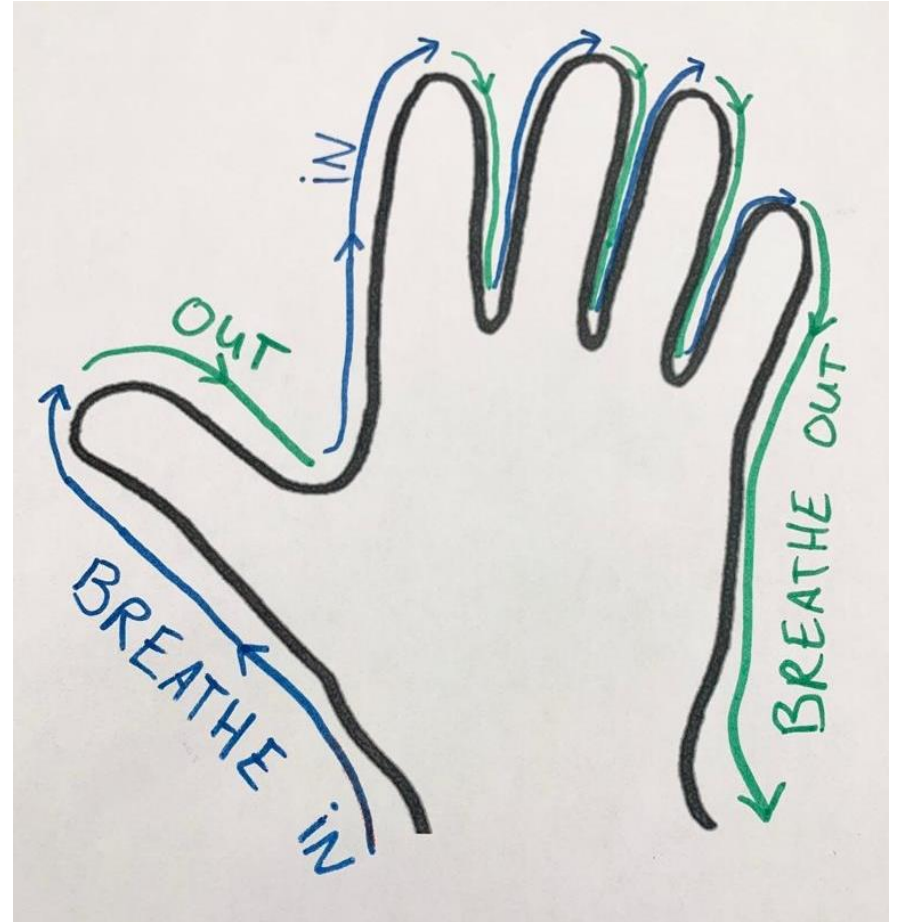
20 Wall Push Ups



Plank for **30 seconds**

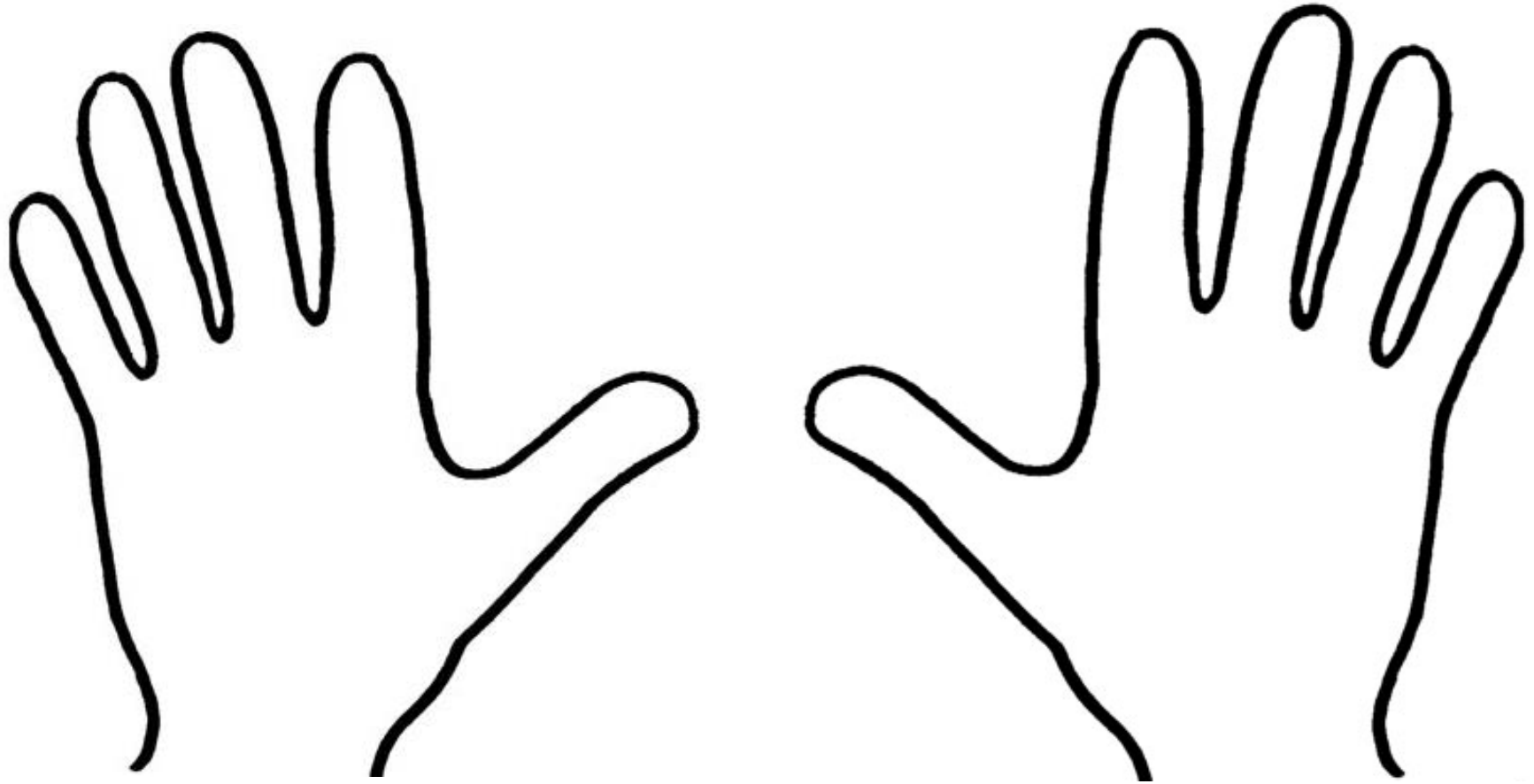


Hug knees tight for
30 seconds



Finger breathing
(5 times)

20 Wall Push Ups

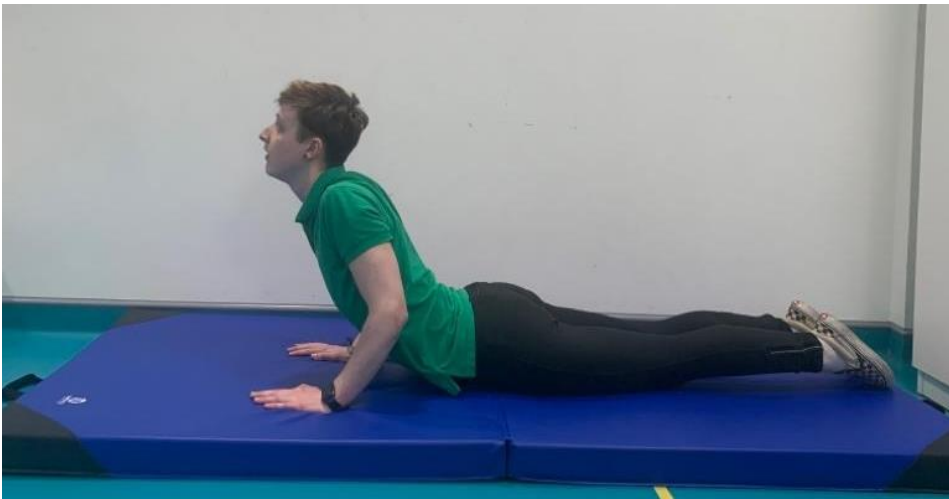




10 Jumping Jacks



Hold crab for
30 seconds



10 Cobra Stretches



Head Press and Deep Breaths for 20 seconds



10 Frog Jumps



Hold Downward Dog
for **20 seconds**



Stretch high and touch
toes **10 times**



10 Hand Push

10 Hand Pull

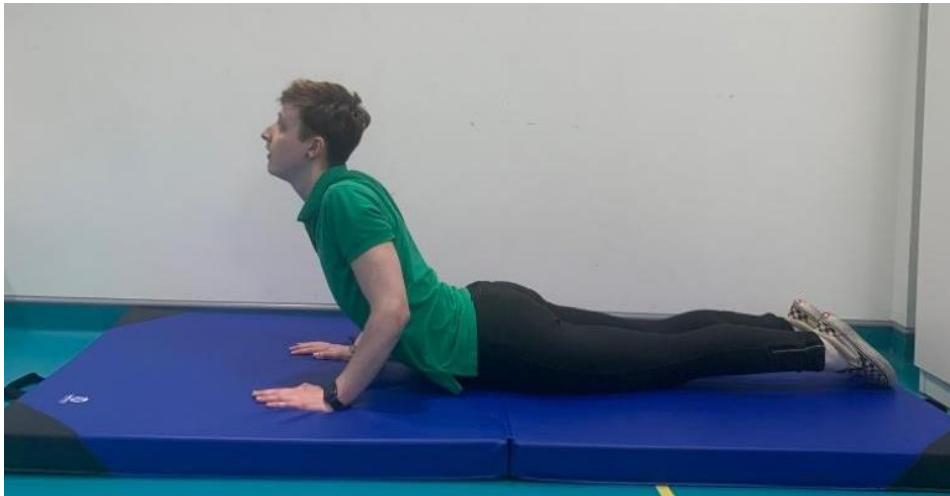


10 Donkey Kicks



Side Plank

15 seconds each side



10 Cobra Stretches



10 Deep Breaths