



## HELPING ACTIVE MINDS FOCUS

### MOVEMENT BREAKS

Some children *learn better when they move*. Their bodies seek sensory input — jumping, running, spinning — to stay alert and focused.

Instead of fighting the movement, we can teach them **how and when** to move appropriately.

#### ABA-Inspired Strategies

##### Movement Breaks with Purpose

- Schedule short “brain breaks” every 10–15 minutes.
- Use the child’s favorite movement (jumping jacks, stretching, dancing).

##### Integrate Movement into Learning

- Count while hopping, spell words while passing a ball, or review flashcards standing up.

##### Create a Movement Zone

- Use a trampoline, yoga mat, or safe corner where movement is *allowed* and encouraged.

##### Reinforce Calm Bodies

- Teach short “stop and breathe” routines before sitting down again. Praise and reward calm transitions.

**Use Visuals to predict and facilitate transitions.**



At Raising Together, we help families find balance between structure and movement — turning every activity into an opportunity for growth.

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