

Movement break ideas.

EYFS School Closure Challenge Cards

Wall Warm-Up

Find a wall. How many arm pushes can you do in a minute?



5 star jumps



10 hops



10 toe touches



5 sit ups



10 press ups



10 jumps



bear walk



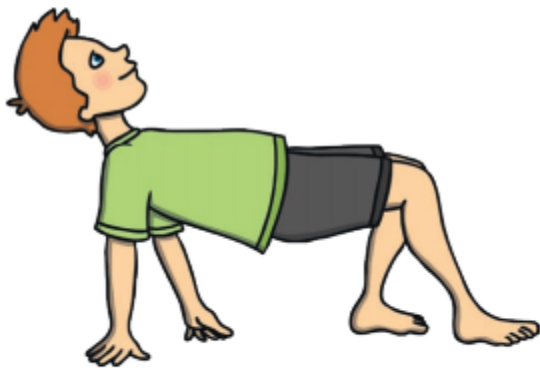
[twinkl.com](https://www.twinkl.com)

10 arm circles



[twinkl.com](https://www.twinkl.com)

crab walk



twinkl.com

10 twists



twinkl.com

10 leg raises



twinkl.com

Sensory Brain Break

Chair Pushes

Sit on a chair. Hold the sides of the chair and push yourself up, off the chair. Can you do 10 chair pushes?



Sensory Brain Break

Stretch and Pull

Use a stretchy band.

Can you stretch the band with a friend or an adult?



Sensory Brain Break

Peanut rock

Find a space. Tuck your knees into your chest. Can you rock backwards and forwards.



Sensory Brain Break

Deep Breathing

Take 10 deep breaths.

