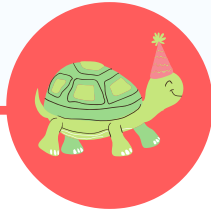


# CIRCUIT BREAKER SURVIVAL GUIDE

## Six ideas for movement breaks

### ANIMAL JUMPS



Take turns with your child to do a series of animal jumps together....walk like a duck, jump like a frog. Go on, get creative.....roam like a dinosaur!

### MINI OLYMPICS



Create a visual and stick it up on the wall with a sequence of three movements:  
3 jumping jacks  
5 squats  
10 heel to toe steps

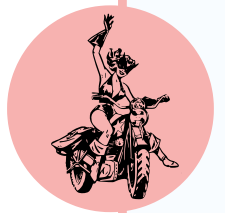
### FREE & EASY



Let's loosen up some of that pent up energy.  
Move like:  
You are made of jelly  
You are in space  
You are underwater

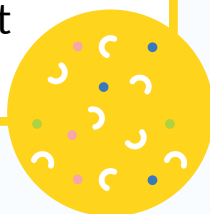
### SUPERHERO MOVES

Find your inner Superhero. Imitate the movements of your favourite superhero;  
Fly like Superman  
Stomp like the Hulk  
Crawl like Spiderman



### MAKE A PATTERN

Make a pattern with your body:  
Pat your knee,  
Touch your head,  
Jump up higg then repeat



### DANCE PARTY

You're at home with your child, what an opportunity to bond and have fun together. Take a dance break, put on some music and bust out your best moves!

