



Movement Breaks Visual Guide for Children

This guide gently explores the small movements that help children reset — how soft stretches, quiet bounces, and familiar rhythms can support invisible needs with calm hearts, steady breath, and gentle sparks of energy.

With pastel colours, friendly icons, and clear language, each panel supports emotional regulation, sensory release, and the safe return to balance when things feel “too much.”

If transitions, busy moments, or after-school time sometimes feel overwhelming, this guide is here to make things feel more manageable — one calm movement at a time.

Questions You Might Have

What are movement breaks?

Movement breaks are small moments of stretching, shaking, swaying, or resting that help your body reset. They give your muscles, breath, and energy a chance to settle or wake up gently.

When should I take a movement break?

You might take one when you feel fizzy, tight, wiggly, tired, or “too full.” Your body gives clues — noticing them helps you choose what you need.

Where can I do a movement break?

Anywhere with a little space — a corner of a room, a hallway, a garden, or a quiet spot at school. Movement breaks are meant to fit into everyday life.

What's Inside Movement Breaks



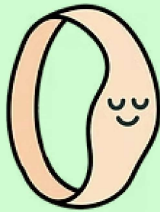
A sensory-safe guide to help your body reset, release energy, and find calm.

Noticing Your Body



Your body gives clues — noticing them helps you choose your next step.

Stretching & Reaching



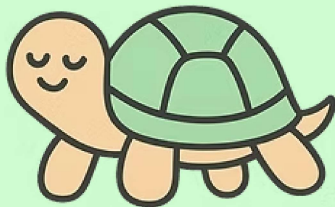
Slow, gentle stretches help your muscles wake up, relax, and feel settled.

Shaking & Jumping



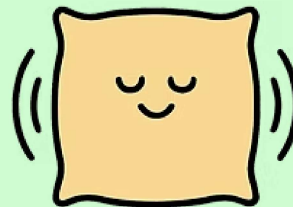
Quick movements help release extra energy like shakes, wiggles, or jumps.

Steady Slow Steps



When fast feels too big, slow movements can help you feel calmer.

Soothing Squeezes



Soft pressure helps your body feel quieter, calmer, and settled.