

# Move It

# SUMMARY OF MOVES

# 0

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## relaxers

1

Relaxers help children experience the difference between feeling relaxed and feeling anxious or stressed.



## energisers

2

Energisers help children become more physically alert. Energisers improve oxygen uptake and can be used to help children remain attentive.



## stretchers

3

Stretchers help children improve posture, balance, flexibility of muscles and joints and awareness of their bodies.



## lateralisers

4

Lateralisers help children develop lateral co-ordination, bodily integration and voluntary motor control. Lateralisers are an essential part of your Brain Breaks repertoire.



## large

5

Brain Breaks for Large Movements focus on the steady manipulation of the large limbs.



## little

6

Little Movement help children when they have to quickly become adept at manipulating objects such as pens, pencils and brushes.



## co-ordinates

7

Co-ordinates help children develop observation, language exchange, co-operation and self-awareness.



## linkers

8

Linkers are deliberately used to communicate content in a memorable and distinctive way.



## writers

9

Brain Breaks for handwriting help children rehearse the shapes of letters and words in advance of writing them on the page.



## readers

10

Brain Breaks for literacy help children rehearse, explore and have fun with the shapes of letters, words and punctuation.



## counters

11

Brain Breaks for numeracy help children rehearse, explore and have fun with patterns of number.



## trackers

12

Eye Trackers help children improve eye movements. Many reading problems have their source in poor eye tracking.

