

Name _____

Date _____



Taking Breaks to Move



Materials: Art paper, colored pencils/markers/paints

Directions:

1. Spend some time sharing with each other how movement can relate to how you feel. For example, how do you feel when you run? How do you feel when you breathe and stretch? Discuss why it's important to take movement breaks throughout the day.
2. Now, spend some time planning what you want to draw in the space below as a reminder of the importance of taking movement breaks.



3. Now use your art paper and colored markers/paints/pencil and begin to make your creation!
4. Find a special place in your home to hang what you created where it will serve as an important reminder to take movement breaks throughout the day.