

Parent Resource

“41 In-Home Movement Activities & Brain Breaks”

Source: ilslearningcorner.com

The image on the right has a large list of activities that promote movement and brain breaks. During these times of uncertainty, it is important to keep children learning and building skills.

*The list is only a few ideas. Always consider your child’s individual needs and skills.

Click on the image to the right for a link to the article with more information.



41 IN-HOME MOVEMENT ACTIVITIES & BRAIN BREAKS

from 10 Expert Occupational Therapists

- The Inspired Treehouse**
 - Gross Motor
 - Obstacle Courses
 - Animal Jumping
 - Movement with Tape
- OT Toolbox**
 - Core Strengthening
 - Crossing the Midline
 - Squirrel Brain Breaks
 - YouTube Brain Break Videos
- Pink Oatmeal**
 - Brain Breaks
 - Ball Activities
 - Princess Theme
- Your Therapy Source**
 - Screen free gross motor
 - Preschool gross motor
 - Body Awareness
 - Mindfulness
- Therapy Fun Zone**
 - Wheelbarrow Walking
 - Balloon Volleyball
 - Whole Body Strength
 - Mirror Foam
- Mama OT**
 - Movement with Popsicle Sticks
- OT Mom Learning Activities**
 - Bean Bag Games
 - Bilateral Coordination Activities
 - Crossing the Midline
 - Sensory Integration
- Miss Jaime, OT**
 - Core Strength Activities
- Your Kids OT**
 - Inner Thigh Workout
 - Brain Breaks for Classroom
 - Metronome Motor Activities
 - Rainbow Midline Crossing
- Growing Hands-On Kids**
 - Toddler Action Songs
 - Preschool Movement Songs
 - Body Awareness
 - Crossing the Midline


INTEGRATED Learning Strategies
ilslearningcorner.com