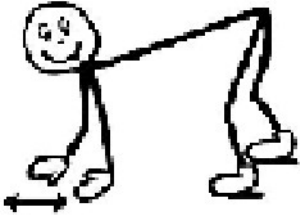
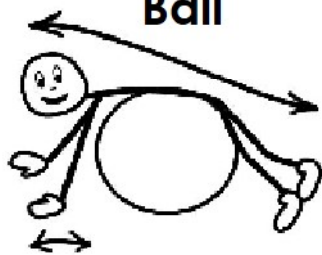


Body Break Heavy Work

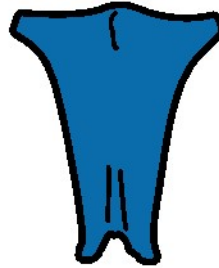
Bear Walk



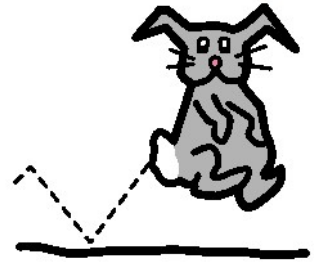
Belly on the Ball



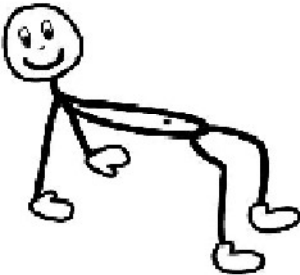
Body Sock



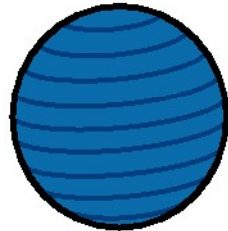
Bunny Hop



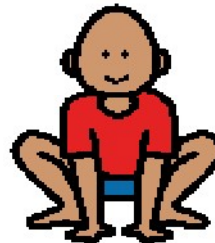
Crab Walk



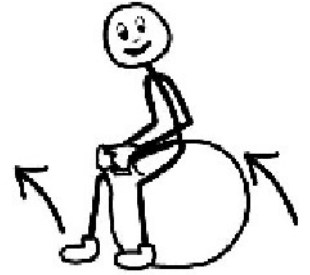
Exercise ball



Froggy Jumps



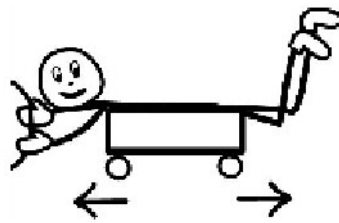
Hop Ball



Jumping Jacks



Scooter Board



Seal Walk



Skipping



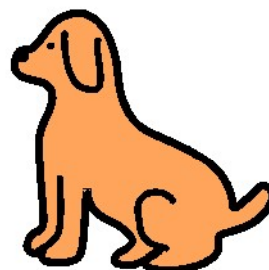
Trampoline



Wheelbarrow Walk



Wounded Dog



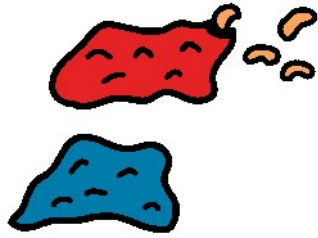
Body Break Heavy Work Motor Planning Focus

(from easiest to hardest)

Airplane



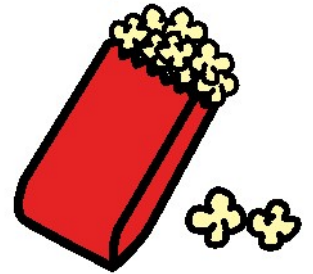
Beanbag Toss



Log Rolls



Popcorn



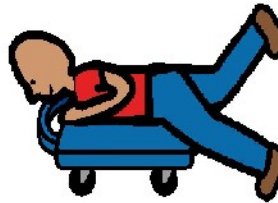
Turtle Crawl



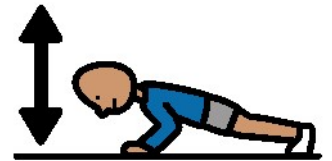
Shoulder Touch



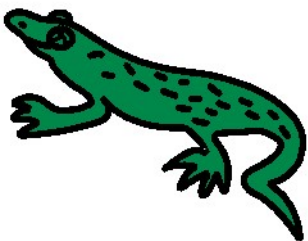
Scooter Toes



Push-ups



Lizard Walk



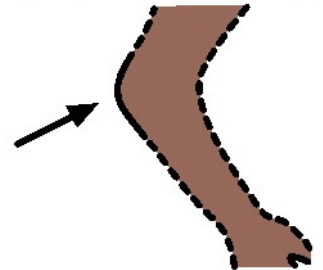
Dead Bug



Cross March



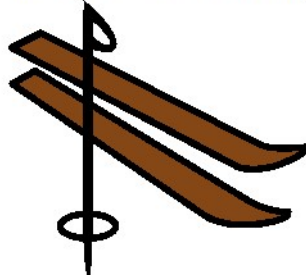
Elbow March



Leg Cross

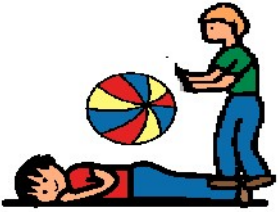


Cross Country

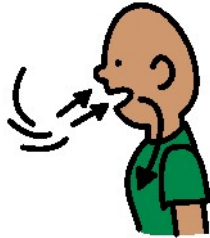


Body Break Calming Activities

Ball Squeeze



Belly Breathing



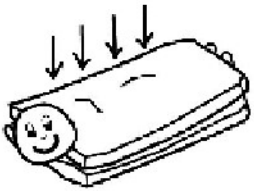
Infinity Draw



Listen to Music



Mat Press



Quiet Time



Relax and Rock



Row Your Boat



Spider



Wall push



Yoga

