Movement Break Planner

Move early. Offer a choice. Then something quiet.

1 When

- [ ] Straight after school
- [ ] Before homework
- [ ] Before dinner
- [ ] Waiting time
- [ ] Rainy days
- [ ] Other: _____

2 Our two cards

- [ ] Bear walk
- [ ] Crab crawl
- [ ] Wall push
- [ ] Turtle tuck
- [ ] Kangaroo hop
- [ ] Quiet palm press

3 After

- [ ] Snack and drink
- [ ] A story
- [ ] Calm corner
- [ ] Chat about the day
- [ ] Homework or play
- [ ] Other: _____

Check first: Hungry? Thirsty? Floor clear? Socks off?