



5-Day Movement Break Plan

FOR TEACHERS

Guide 2 of 10

A ready-to-use weekly structure for classroom brain breaks.

Research shows 5-minute movement breaks every 45-60 minutes improve focus by up to 20%. This plan gives you one ready-to-run Draw in the Air activity per day. No prep, no setup, just open the browser and go.

Monday: Bubble Pop

WAKE-UP MODE

Start the week with energy. Tell children: "We're waking up our brain with bubble popping!" Set a 3-minute timer. Count how many bubbles the class can pop together. Record the class total on the board. No setup needed. Works on any device. 3-5 min ideal.

Tuesday: Letter of the Week Tracing

LITERACY FOCUS

Choose the letter you're working on this week. Open the Letter Tracing mode and select that letter. Children trace it in the air 10 times each. Finish with: "What does it sound like? Can you think of a word?" Pairs with your phonics lesson and reinforces formation. 5 min.

Wednesday: Sort & Place

THINKING BREAK

Mid-week brain engagement. Ask children to predict what categories will appear before the activity starts. After 3 rounds, discuss: "What rule did you use to sort? Could there be a different rule?" Builds reasoning and is a great discussion starter. 5-8 min.

Thursday: Balloon Math

MATHS WARM-UP

Choose a number bond or addition target matching your current maths unit. After each round, ask children to explain how they got the answer. This builds mathematical language. Linked to the maths curriculum and can be done as a class. 5-7 min.

Friday: Free Paint

CELEBRATION MODE

End the week with creative freedom. Give children 4 minutes to draw anything they like. At the end, ask 3-4 children to describe their creation to build vocabulary and confidence. No wrong answers, a real confidence builder. 4-5 min.

SHARE WITH PARENTS

Post this plan on your classroom door or staff noticeboard. Parents love seeing a structured movement schedule. It shows the intentional pedagogy behind the activity.