Kids Movement Break & Active Play Planner

HappyKids.fit

Plan short movement breaks around homework, screen time and everyday routines

Name _____ Date _____

My movement breaks today

Choose a short break for any part of the day, for example after some homework or screen time. Write the break you picked, then colour the star when it is done.

Part of my day	When	My movement break	How long	Done
Before school	_____	_____	_____ min	☆
During homework	_____	_____	_____ min	☆
After screen time	_____	_____	_____ min	☆
Before or after a meal	_____	_____	_____ min	☆
After school	_____	_____	_____ min	☆
Before bed	_____	_____	_____ min	☆

How I felt after a break

_____

_____

A new break to try tomorrow

_____

_____

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Movement Break Ideas

Name _____

Movement break ideas

Pick any idea that suits you and the space you are in. Every idea has an easier option, so everyone can join in, including sitting down.

Movement break	Easier option	Where
Ten star jumps	Ten arm swings while sitting	Indoor
Dance to one favourite song	Dance with your arms and head only	Indoor
Animal walks across the room	Copy animal moves standing still	Indoor
Balance on one foot and count	Hold a chair or wall for support	Indoor
Wall push-ups	Press your palms together and hold	Indoor
Slow stretch up high and down low	Reach up high while sitting	Either
Simon says with a family member	Play it with hand and face moves	Either
Walk up and down the stairs	March on the spot	Indoor
Throw and catch a soft ball	Roll the ball to someone instead	Either
Hopscotch or a skipping rhyme	Step between chalk squares	Outdoor
A quick walk around the garden	Stand by an open window and breathe	Outdoor
Kick a ball against a wall	Push the ball along with your foot	Outdoor

Stay safe

- Clear a space first and move away from furniture, sharp corners and anything that could fall.
- Stop if something hurts, and choose the easier option or a calmer break instead.
- Younger children play outside with a grown-up nearby, and everyone has a drink of water when thirsty.

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Weekly Movement Break Tracker

Name _____ Week beginning _____

My movement breaks this week

Colour a circle for each break you take. Some days will have more breaks than others, and that is fine.

Day	Breaks I took	Favourite activity	How I felt
Monday	○ ○ ○ ○ ○		
Tuesday	○ ○ ○ ○ ○		
Wednesday	○ ○ ○ ○ ○		
Thursday	○ ○ ○ ○ ○		
Friday	○ ○ ○ ○ ○		
Saturday	○ ○ ○ ○ ○		
Sunday	○ ○ ○ ○ ○		

My favourite movement break

_____

_____

_____

A break I want to try next

_____

_____

_____

How breaks helped me

_____

_____

_____