

# GUIDING PRINCIPLE 3

## ENHANCING STUDENT AUTONOMY AND RESPONSIBILITY



**Strategy:** GoNoodle Movement Break

**Audience:** Kindergarten to Grade 8

### What:

- Incorporating movement breaks into the student's day can increase engagement, alertness, regulation, and attention
- A free website for educators called GoNoodle is a great tool for finding appropriate movement breaks

### How:

- Make a free account
- Find age/activity appropriate movement breaks
  - calming vs. alerting
- There are many categories to choose from:
  - curricular
  - social emotional learning and mindfulness
  - sensory and motor skills
  - school life
  - movement type
- Send links to students or share screen with students during movement break time

### Materials:

- GoNoodle Account: free to sign up

### Example:



### Inclusive Practices to Consider:

- Consider if the student is able to physically participate in the video
- Make sure there is a safe environment for the child to move
- Be mindful of the student's specific needs: do they need an activity to alert them or is a calming activity more appropriate? You may need to follow alerting activities with a calming activity to bring them back to a regulated state

### Reference and Links:

GoNoodle  
<https://www.gonoodle.com/>