EMOTIONS MOVEMENT BREAK ACROSTICS

MOVEMENT ACTIVITY
FOR USE DURING
PHYSICAL THERAPY SESSIONS

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EMOTIONS MOVEMENT BREAK ACROSTICS

Instructions:

- Print the provided movement break acrostics or screen share the acrostics during remote sessions.
- Each acrostic targets a specific emotion and pairs well with discussions on ways our bodies move when we feel certain emotions.
- Have students perform the provided motor movements.

EMOTIONS MOVEMENT BREAK

H Hop 10 times on 1 foot

A Arm circles 5 times

P Push ups times 3

P Plank for 10 seconds

Y YMCA dance

EMOTIONS MOVEMENT BREAK

S Squat 5 times

A Air punches

D Do a silly dance

EMOTIONS MOVEMENT BREAK

S Side steps

U Up and down jumps

R Run in place

P Plank for 10 seconds

R Reach for the sky

I Inhale for 5 seconds

S Stomp your feet

E Elephant walk

D Duck walk

EMOTIONS MOVEMENT BREAK

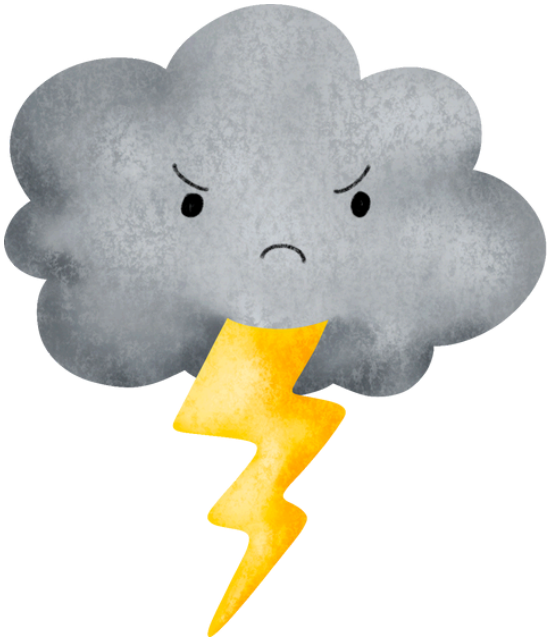
A Ankle touches times 10

N Nod 10 times

G Gallop

R Run in place

Y Yawn and stretch



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EMOTIONS MOVEMENT BREAK

C Celebrate

O Open alligator arms

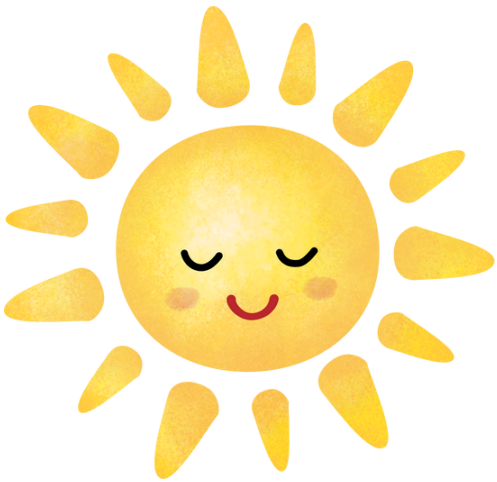
N Navigate the room

T Trot like a pony

E Elevate left leg then right

N Nap for 10 seconds

T Twinkle like a star



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I'm **OWLbert**, your friendly guide from E-Therapy, the therapy experts. I hope you enjoy this activity! For more information about our online therapy services and to explore a wealth or activities and resources, be sure to visit our blog, **Empower.**

E- Therapy is dedication to supporting your onsite and virtual needs.
We're here to help you soar!

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Warmly,
OWLbert

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