



Tier 2 & 3 intervention

## Physical Outlet-Movement Station

### **Providing a physical outlet - movement station in your school**

**Rationale:** Movement can be a segue way for emotional expression without repercussion. Brain breaks are excellent for priming the brain for attention and concentration. When it comes to “getting it out”, some students require additional small group or individual intervention. Creating opportunities outside the classroom will answer their needs without disrupting the learning environment in the classroom.

This Tier 2-3 measure is meant to be offered on top of regular Tier 1 practice of Brain Breaks in the classroom. For Tier 2 students, these activities can be done in the hallway, whether there are decals on the floor, movement posters on the wall or stations set up with activities that don't make too much noise. For Tier 3 students, they require one-to-one supervision, and those movement activities can be taken to the NSC.



Links:

Tier 1 [Classroom Brain Breaks](#)

Tier 2&3 [Movement Station Within A School](#)

[Movement Station on Rotation In An NSC](#)

[Physical Outlet Area in an NSC](#)



### **When to use a movement station outside the classroom:**

When a student is ...

- Showing signs of anxiety/stress
- Tired or asking for a break
- Unable to remain in their space
- Unavailable to learn
- Acting up (but not when overly dysregulated – student would then require other measures, such as the [Designated Area](#) in the classroom or a visit to the [NSC or Emotions Room](#))



#### **High energy activities:**

A break to burn off excess or frustrated energy. Having a range of activities in various locations is key to keeping it fun and engaging overtime.

#### **Low energy activities:**

A quiet break from the class. Calming movements or fine motor activities that provide sensory stimulation to fit their needs.



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### Elements to consider:

- Students can transition to a pre-determined destination using the “*You’ve Got Mail!*” letters. [You've Got Mail](#)
- The use of a *Personal Choice Board* can provide the student with some control over the activities they can choose to do during their time out of class. [Personal Choice Board](#)
- A *Personal Bin* can be used to store the student’s favorite low energy activities or personal projects. [Personal Bin](#)
- For Tier 3 students, these activities can be scheduled into an individualized movement schedule. These students may also benefit from the use of an *Emotions Room*. [Emotions Room](#)

### Examples of high energy activities:

- [Stomping Station](#)
- [7 Minute Animal Hit](#)
- [Wiggle Brain Breaks](#)
- [Movement Station Poster](#)
- [Movement Cards](#)
- [I Need A Brain Break Passes](#)
- [Movement Break Posters](#)

### Examples of low energy activities:

- [Garden Yoga](#)
- [Calm Down Yoga](#)
- [Animal Yoga Poses](#)
- [Superhero Yoga](#)
- [Emotions Yoga](#)
- [Ocean Yoga](#)