

A collection of colorful illustrations of diverse children of various ages and ethnicities performing different yoga and movement poses. The children are shown in various states of motion, some standing, some sitting, some bending, and some stretching. The background is a solid light gray. The text "Move to Learn" is centered over the middle of the image in a large, white, sans-serif font.

Move to Learn

Movement-Learning Link

Hand-eye Coordination and Fine Motor Skills

- Building up good hand-eye coordination will strengthen the connections in the brain.
- Muscles in the hand need to be regularly exercised to develop good fine motor skills which are used in writing and drawing.
- As writing becomes easier, children can direct more focus to their learning and content-writing.



Suggestions of Anytime Activities

For hand-eye coordination and fine motor skills

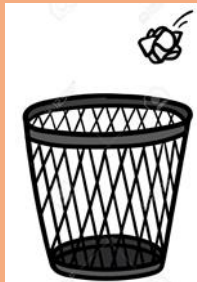
1. Tearing and sticking.



2. Finger painting.



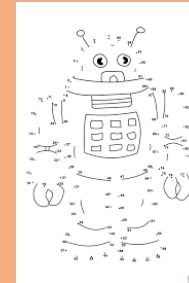
3. Scrunching up waste papers and aiming them into a basket.



4. Rolling and squeezing dough.



5. Tracing or connect the dots.



6. Throwing and catching a ball.



♦ You may **modify** these activities according to your child's **interests** and the **materials** you have home.

Movement-Learning Link

Exercises before Learning



- Movement has an impact on attention, motivation, academic learning, and memory.
- Other than movement breaks (during learning), exercises can be included before learning.
- Exercises before learning gets the brain ready to learn.

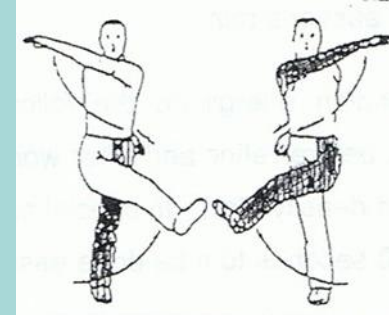
5-Minute Moves to Wake the Brain

before Learning

Exercises should involve and have a combination of:

1. Cross-body movements (e.g., Left side to Right side)

➤ activates both sides of the brain



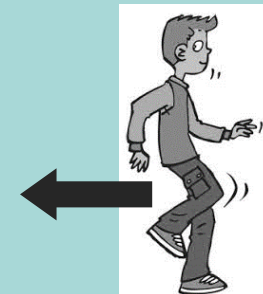
2. Rotation

➤ Improves communication between both sides of the brain



3. Reverse movements

➤ Improves procedural memory



Up the challenge:

Move while reciting alphabet, numbers, or multiplication tables forward and backward.