

Breaking for Movement! Building for Learning!

Welcome to the third edition of the BREAKS project newsletter! Our digital learning platform is now available, teacher training is underway across Europe, and educators are bringing active movement breaks into their classrooms. In this edition, discover how BREAKS is helping teachers create more engaging, active, and inclusive learning environments and what's coming next!

BREAKS digital learning platform

The BREAKS consortium has completed the design and conceptualisation of the project's **digital learning platform**. The platform will serve as a central online hub where teachers can access training materials, learning modules, and practical resources and connect with fellow educators through a virtual community of practice.

Following an extensive requirements analysis with all project partners, key priorities identified included interactive content, modular course structures, multilingual accessibility, and user-friendly navigation. After benchmarking several learning management systems, the consortium selected an open-source approach to ensure the platform remains accessible well beyond the project's lifetime. By registering, you'll also become part of a growing European community of educators who are sharing experiences, exchanging ideas, and working together to promote healthier and more active classrooms.

Join the BREAKS community today and start exploring the platform:
<https://project-spaces.eu/breaks/>

Teacher training programme and implementation handbook completed

An important milestone has been reached with the completion of the BREAKS Implementation Handbook, which provides comprehensive guidance for delivering teacher training activities across all partner countries. The training programme combines theoretical knowledge with practical experience, helping teachers understand the educational, cognitive, social, and emotional benefits of movement breaks.

**Teacher training and school implementation**

Since February 2026, the BREAKS project has been implementing teacher training activities across all partner countries, supporting educators in integrating active movement breaks into everyday classroom practice. Through a series of interactive workshops, teachers and education professionals have combined theoretical knowledge with practical, hands-on experiences to explore the pedagogical and scientific foundations of movement breaks, including their role in enhancing attention, executive functions, wellbeing, inclusion, and student engagement. Across the training activities completed so far, participants have reported increased confidence in designing and implementing movement-based activities, improved understanding of the BREAKS methodology, and high levels of satisfaction with both the training materials and workshop delivery. The knowledge and skills gained during these sessions will now be put into practice as teachers begin implementing movement breaks in their classrooms, contributing to healthier, more active, and engaging learning environments.

**Some tips for the summer - Keeping children active during the summer holidays****Outdoor adventure days**

Encourage children to explore parks, nature trails, and beaches. Walking, cycling, and active games help maintain healthy activity levels all summer long.

Family movement challenges

Create weekly challenges with step-count competitions, treasure hunts, dance sessions, or obstacle courses that combine fun, movement, and family bonding.

Active learning at home

Combine learning and movement with scavenger hunts, storytelling with movement, or short fitness breaks between study sessions.

Looking Ahead

As the BREAKS project moves into its next phase, partners will focus on delivering **teacher training activities** and supporting educators in implementing movement breaks within real classroom environments. Through the **digital learning platform** (<https://project-spaces.eu/breaks/>) teachers will gain access to innovative resources, practical examples, and a growing community of practice that encourages collaboration and knowledge exchange across countries.

Stay Connected!

The BREAKS journey is only just getting started. Follow our progress as teachers, schools, and students across Europe discover new ways to learn through movement and create more active, inclusive, and enjoyable classroom experiences. Visit our website and follow us on social media for the latest updates, resources, and project news.

Stay tuned for more updates as BREAKS continues to empower teachers and foster healthier, more engaged learners!



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