

Abstract

The purpose of this action research was for the researcher to find a way to help kindergarten students stay focused on their learning activities. The researcher is especially interested in helping her young students due to the scripted, direct instruction that her students are receiving. Twenty-nine kindergarten students, in a self-contained classroom at the research site, participated in this 12 week-long project. The researcher used simple movement experiences named *Transformers*. Students participated in five specific movement breaks at 30 minute intervals during transitions. The research includes observations of the student's ability to stay on task, student surveys and parent surveys. Results from observation data showed that most students were able to pay better or the same when movement breaks occurred.



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