

## SENSORY BREAK IDEAS

- ✧ Star Jumps/ Squats/ Stretches/ Skip/ Run on spot
- ✧ Jumping on a mini or large outdoor trampoline
- ✧ Heavy work activities (cleaning, hoovering, digging, weeding)
- ✧ Notice your body as you crawl or walk around
- ✧ Wall or chair Pushes
- ✧ Ball Pass with someone or a dog
- ✧ Reading in a quiet corner/ chair/ bed
- ✧ Biking
- ✧ Climbing
- ✧ Use fidget toys
- ✧ Chewing gum or chewy foods
- ✧ Obstacle course
- ✧ Passing weighted objects/ or tins to each hand or to someone back and forth
- ✧ Cycling/ Skateboarding/ Scootering/ roller blades as daily exercise
- ✧ Use Resistance bands (pull them or stretch tension out)
- ✧ Listening to upbeat OR calming music
- ✧ Swinging on a tree trunk, or a gym bar
- ✧ Going outside for a walk or Skip/ Run
- ✧ Bean bag / stress ball squeezes
- ✧ Drinking water through a water bottle with a Valve
- ✧ Improvise a weighted blanket at night with heavy blanket
- ✧ Lifting light weights
- ✧ Yoga moves/ Dance
- ✧ Bath/ Shower
- ✧ Eat a good healthy snack
- ✧ Prepare a nice healthy tea, glass of water
- ✧ Smells that can help us focus, lavender, leaves, cooking
- ✧ Breathing and breathing exercises
- ✧ Self-Hug
- ✧ Grounding – feel feet on ground
- ✧ Mindful eating exercise
- ✧ Headphones to block out unnecessary noise/ and to add calming music/ blogs