

Sensory Brain Break

Hand Crawls

Make your fingers into a crawling spider-make your spider walk or run across the table.



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Scrunch It

See how many times you can scrunch tissue paper into a ball.



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Draw It

Use a sand tray or sensory tray- see how many different patterns you can draw.



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Roll It

Use a gym ball and ask an adult or friend to roll the ball across your back.

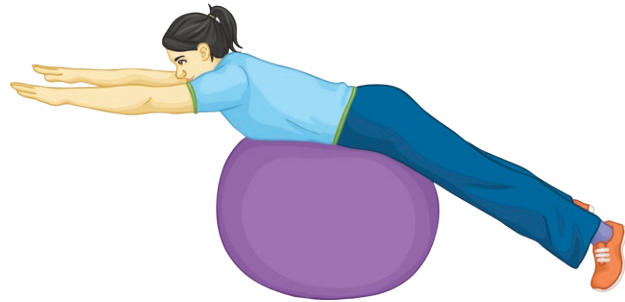


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Superman Roll

Use a gym ball, lie on your front, roll forwards and backwards across the ball in a superman pose!



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Wrap Up

Wrap yourself in a heavy blanket or use a weighted vest.

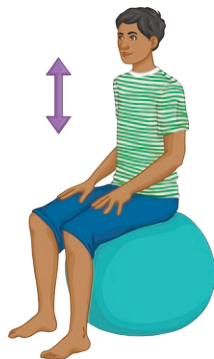


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Bounce!

Use a gym ball, bounce up and down on the ball.



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Fiddle Toys

Explore a fiddle box of toys!



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Jump

Use a mini trampoline to practice jumping. Play hopscotch or jump on the spot.



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Chair Pushes

Sit on a chair. Hold the sides of the chair and push yourself up, off the chair. Can you do 10 chair pushes?

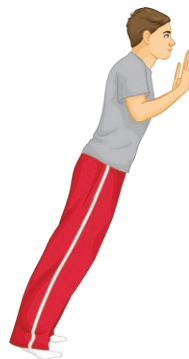


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Wall Pushes

Find a space against a wall. Place your hands on the wall and take two big steps back. Can you push yourself backwards and forwards?



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Stretch and Pull

Use a stretchy band. Can you stretch the band with a friend or an adult?



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Peanut rock

Find a space. Tuck your knees into your chest. Can you rock backwards and forwards.

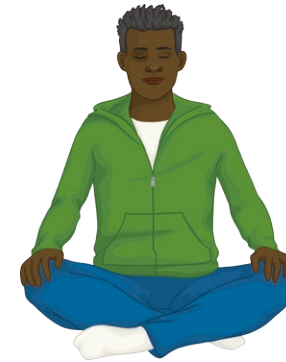


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Deep Breathing

Take 10 deep breaths.



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Spinning

Stand on the spot. Spin round in circles one way, then spin the opposite way.

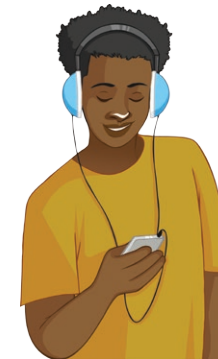


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Music Time

Listen to music using headphones.



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