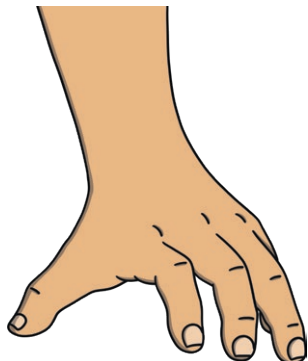


### Sensory Brain Break

## Hand Crawls

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



### Sensory Brain Break

## Scrunch It

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



### Sensory Brain Break

## Draw It

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



### Sensory Brain Break

## Roll It

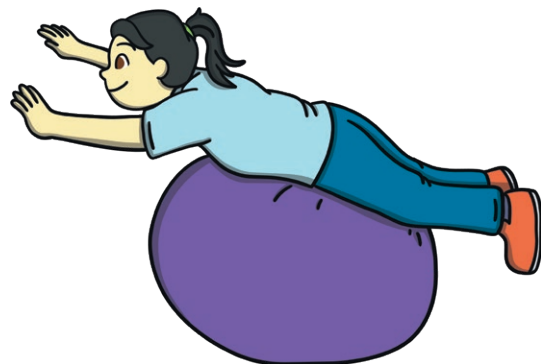
Use a gym ball and ask an adult or friend to roll the ball across your back.



#### Sensory Brain Break

## Superman Roll

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



#### Sensory Brain Break

## Wrap Up

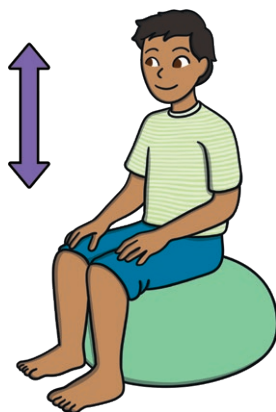
Wrap yourself in a heavy blanket or use a weighted vest.



#### Sensory Brain Break

## Bounce!

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



#### Sensory Brain Break

## Fiddle Toys

Explore a fiddle box of toys!



## Jump

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



## 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?



## 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?



## Stretch and Pull

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



Sensory Brain Break

## Peanut rock

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



Sensory Brain Break

## Deep Breathing

Take ten deep breaths.



Sensory Brain Break

## Spinning

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



Sensory Brain Break

## Music Time

Listen to music using headphones.

