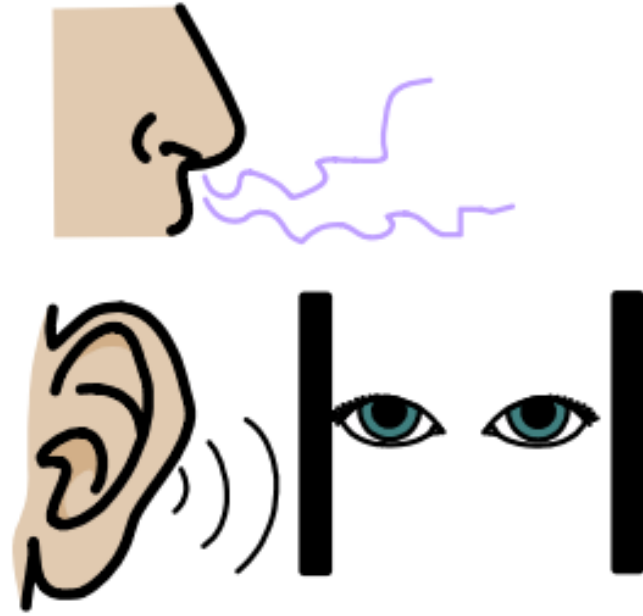




Sensory Breaks



Why

are

sensory breaks

important?



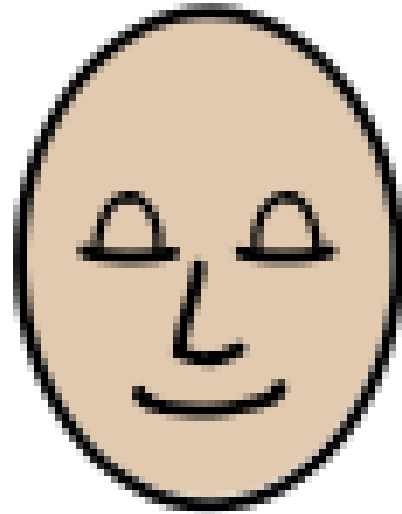
1. Help to change your child's alertness
2. To improve concentration
3. To help your child to self-regulate



Information for grown ups

How to use this resource

1. Observe your child. What are they doing? What is happening around them?
2. Identify which sensory input they need- **calming or alerting**.
3. Using your child's interest allows them to have a 5 minute sensory break to improve their behavior and concentration. If they need longer then please allow them the time.
4. Where there is blue text, click on it to follow a link



calming



Your child may need a calming activity when they are irritable, angry, and/ or struggling to focus on a task or activity.

Distract your child quickly to a calming activity; this will be different for each child and may be different each day or at different points in the day.

Make sure the area where you are doing the calming activity is free from distractions.

The next slides will share some **calming** ideas
you can do at home with your child.



calming

A calming box (that your child can access at all times). This may include

Deep breathing activity: Blowing bubbles, blow feathers or pompoms

Visual: Sensory bottles, sand timers and emotion cards

Something to squeeze/fidget toy:

Playdough, silly putty, fidget toy or a stress ball

Something to smell: Different scents in bottles or that you can put onto cotton wool.

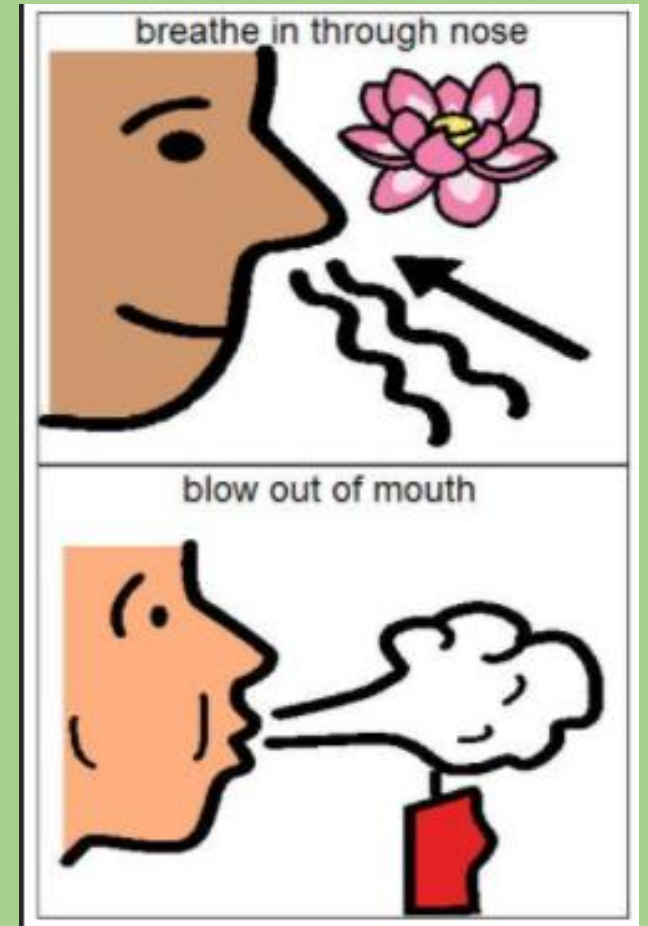


Make sure to include items that interest your child and that they respond positively to.



Take deep breaths:

- Get the child to take a set amount of deep breaths
- Blow bubbles
- Blow bubbles in the bath
- Blow up a balloon
- Blow feathers/pompoms





calming

Applying pressure/Massage

- Apply deep pressure – *see how your child reacts*
- Apply light pressure – *do they react differently?*
- Use objects such as, blankets and pillows.
- Use scented oils
- Play [Relaxing music](#)





Distraction free quiet space- may include lights, small spaces, cushions, beanbags, fidget toys, weighted blankets and other materials.



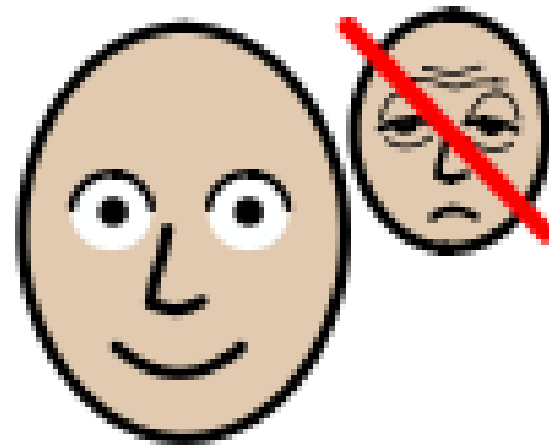


Yoga/Meditation

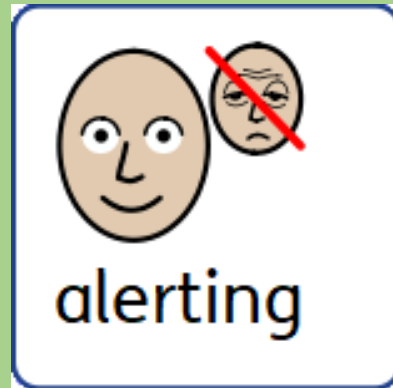
Check out videos at [Cosmic Kids-Yoga](#)

Your child could join in with Peace Out-guided relaxation sessions at [Peace Out | Guided Relaxation For Kids 🌟 - YouTube](#)

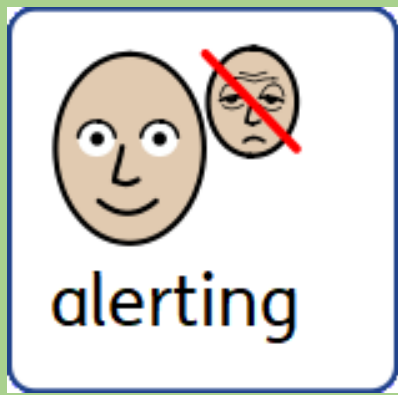
Cosmis kids also includes Jamie's Brain Breaks, Cosmic Kids Yoga Adventures and many more!



alerting



Your child may need a stimulating and alerting activity when they are fidgeting and losing concentration. They may also need an alerting activity when they are feeling tired and unmotivated.



Be active:

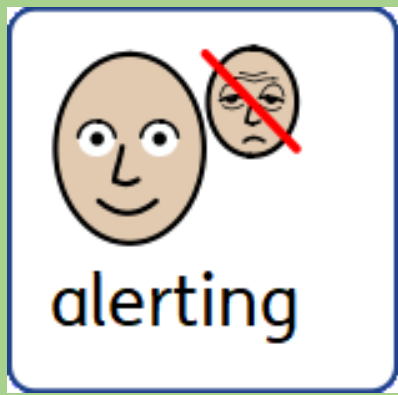
15 star jumps.



Superman Roll

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





Be active:

Jump

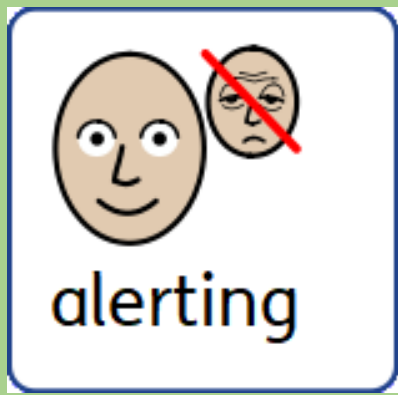
Use a mini trampoline to practise jumping. Play hopscotch or jump on the spot.



Spinning

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



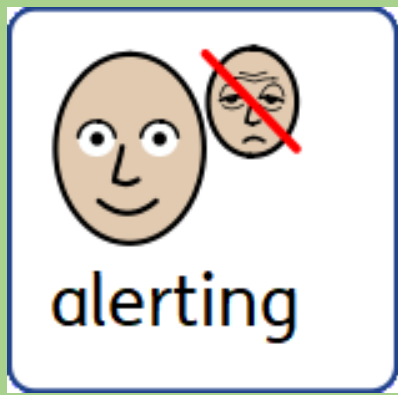


Be active:

Bounce!

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





Movement break:

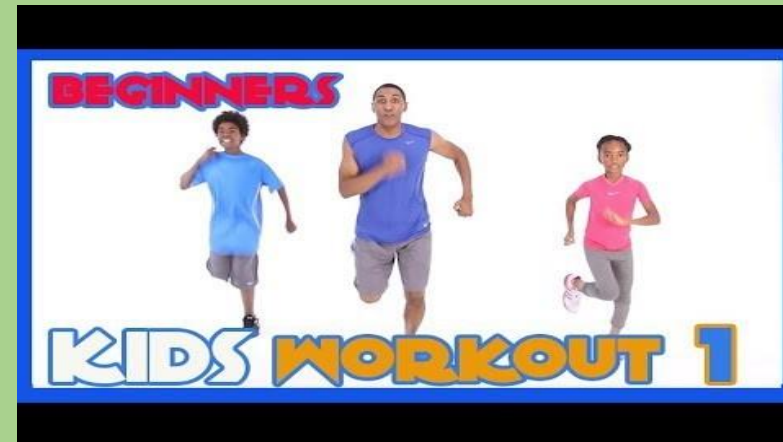
Here is a video of Nisha doing an exercise break. Can you share it with your child for them to copy.

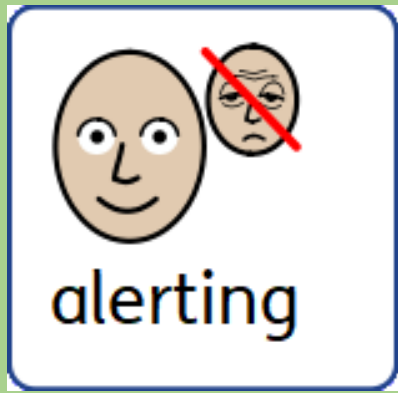
[Exercise break](#)



Below is a video of a workout that your child might join in with you may do one set or all the sets.

[Exercise break 2](#)

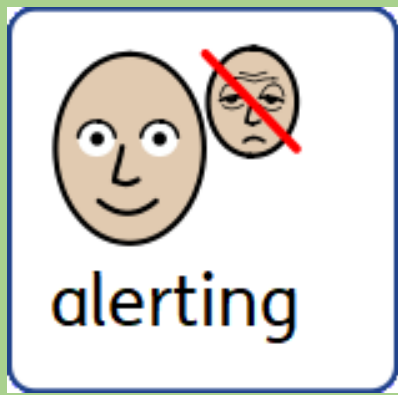




Dance break:

Here is a YouTube channel with a lot of different movement videos to join in with
[GoNoodle | Get Moving – YouTube](#) –Banana Banana Meatballs is a good one.

Can your child find their favourites videos to join in with?



Dance break:

Below are a few different YouTube links that your child might like to join in with:



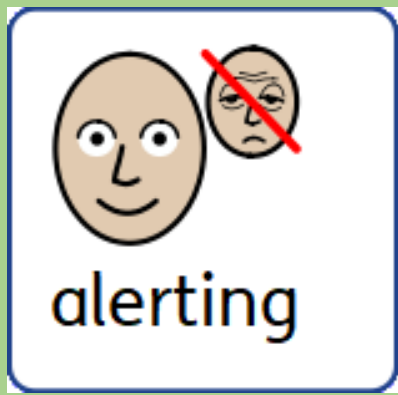
Just Dance: Gummy Bear



Shake Your Sillies Out:
The Learning Station



Just Dance: Waka Waka



Dance break:

On the BBC website there are dance clips called Boogie Beebies that your child might like:

[CBeebies - Boogie Beebies - Clips \(bbc.co.uk\)](http://bbc.co.uk/CBeebies-BoogieBeebies-Clips)

[CBeebies - Oti's Boogie Beebies \(bbc.co.uk\)](http://bbc.co.uk/CBeebies-OtisBoogieBeebies)



Do the Dino

DURATION: 02:47



Go Go Mango

DURATION: 02:45



If you have Facebook, you could visit Funky Feet. They have lots of videos. Click on their picture below



Or, you could click on Jack Hartmann's picture to visit his YouTube channel for a range of dance-based brain breaks.

Your child should now be ready to do the next activity on their schedule.

 First	 then
 reading	 snack

 numeracy	 reading	 snack	abc phonics	 lunch
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[Widgit Software | Widgit Symbols Help Communication](#)
is a useful resource for symbols to use at home.

