

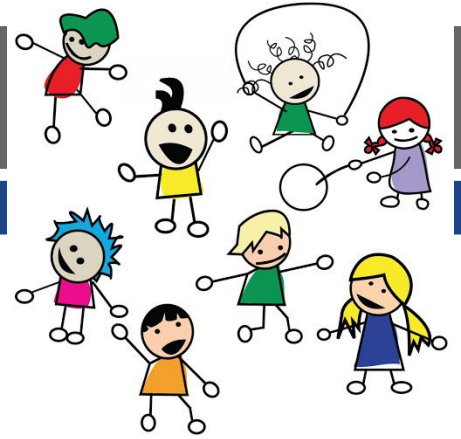
Fine & Gross Motor Activities

Sensory Breaks

All Ages and Abilities



May 21, 2020



Lesson: Sensory Breaks

Objective/Learning Target:











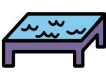



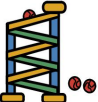


Introduce Sensory Breaks and how to use them.

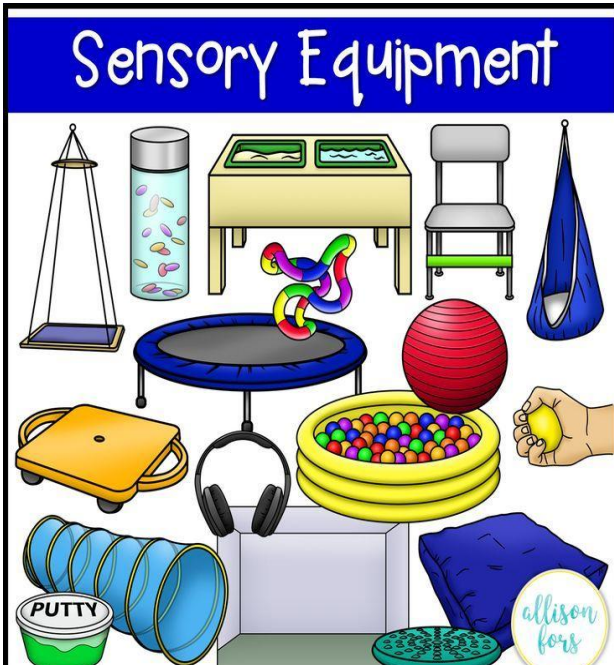
1. Sensory breaks are scheduled to take place throughout the day.
2. Sensory breaks consist of activities designed to help the body self regulate its sensory needs.
3. Sensory breaks help students feel successful as they accomplish tasks and earn a sensory break.
4. Sensory breaks are fun. They assist the student to become more alert and attentive and/or to calm the body.

Sensory Break Activities may include:

Activities

- Wall/ floor/ chair push-ups
- Climbing stairs or on monkey bars
- Rolling over a barrel or large yoga ball
- Riding a bike, scooter or skateboard
- Creating shaving cream pictures
- Manipulating putty or play doh
- Swinging on a swing, tire, hammock
- Jumping on a trampoline
- Playing hopscotch
- Carrying books, weights or heavy loads

net swing 	platform swing 	swings 	trampoline 
beans 	rice table 	sensory table 	shaving cream 
balance beam 	tunnel 	bumble ball 	soft ball 
squishy ball 	water table 	computer 	squeeze 
therapy ball 	Marble Works 	game 	Play-Doh 



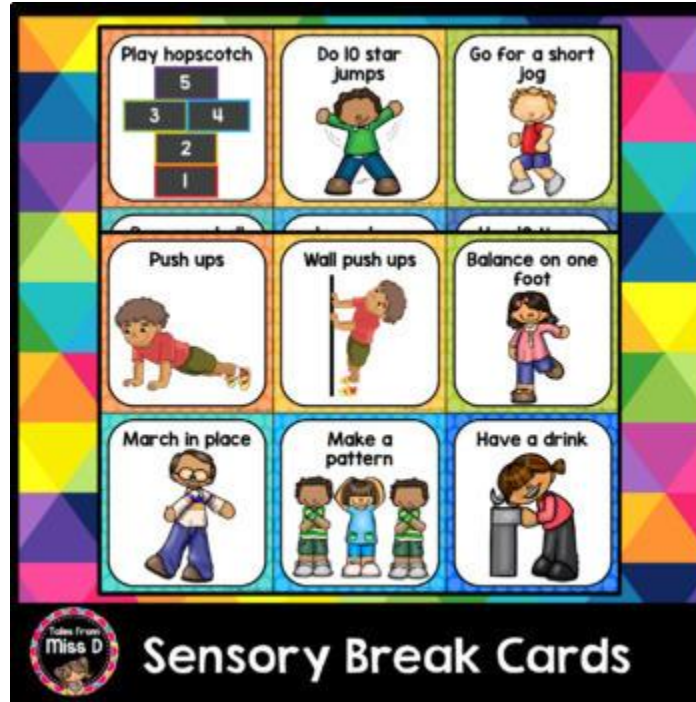


How to Take a Sensory Break

1. Incorporate a sensory break about every 1½-2 hours or as needed by the student.
2. Create a chart with picture choices of activities around the house or outside at your home.
3. When it is time for a break, the student chooses 1-2 activities from the chart.
4. A sensory break should be 5-15 minutes long.
5. Complete a sensory break with a drink of cool water.

HAVE FUN WITH SENSORY BREAKS

Sensory Choices



Movement Breaks

