

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.

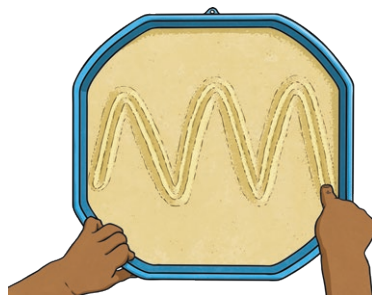


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## Draw It

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

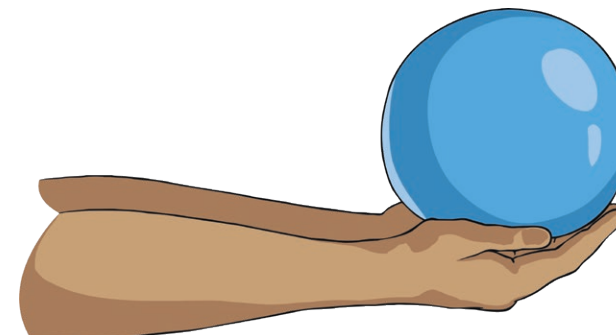


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## Roll It

Using a gym ball, ask an adult to roll the ball across your back.

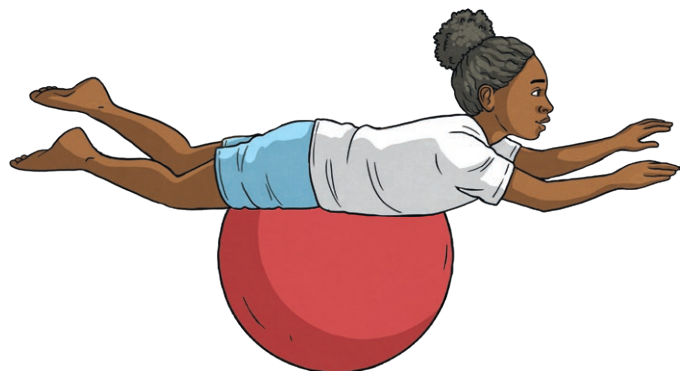


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## Superman Roll

Use a gym ball, lie on your front and 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.

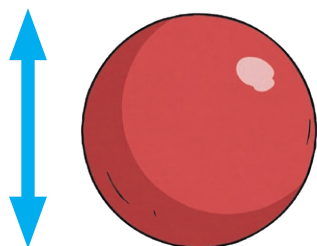


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## Bounce!

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

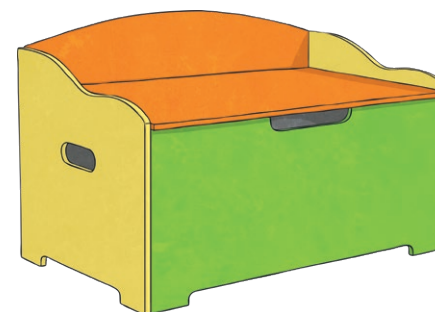


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## Fiddle Toys

Explore a fiddle box of toys!



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## Jump

Use a mini trampoline to practise 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 someone at home?

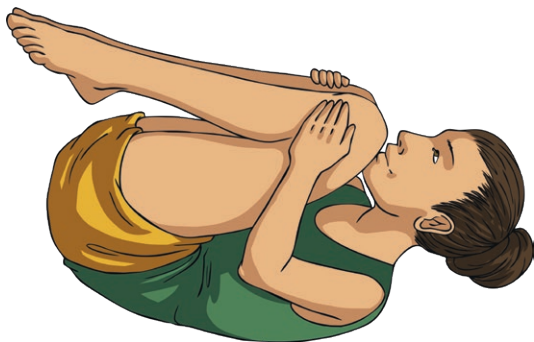


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## Peanut rock

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



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## Deep Breathing

Take ten 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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