

Movement Breaks

- Continue to incorporate frequent breaks and movement opportunities into the child's day between structured or highly focused learning situations to enhance and improve their ability to process and organize sensory information from their environment. It will also help the child become calm or decrease frustration.
- Engage the child in alerting activities throughout the day, such as music with fast beats, movement game such as head-shoulders-knee-and-toes, or bounce up and down on a therapy ball.
- Encourage use of playground activities of climbing, swinging, and obstacle courses.
- Continue to offer heavy work activities when appropriate, throughout the school day.

Movement Breaks

- Include the opportunity for the child to move about their environment in addition to their regularly scheduled PE class, perhaps being a messenger to bring items to the office or another classroom.
- Continue providing sensory breaks during the child's day. You may want to consider developing a sensory diet. A sensory diet is a carefully designed, personalized activity schedule that provides the sensory input a person's nervous system needs to stay focused and organized throughout the day.
- Break work assignments down into smaller segments. In between written work segments, provide the child with a brief time to shake out their hands, stretch their arms, do a few push-ups, or use a sensory tool. These break activities will help the student to refresh and be ready to work.
- Play Simon Says to provide movement breaks and work on listening.

Movement Breaks

- Stretching and slow deep breathing (smell the roses, blow out the candles) are calming activities.
- Do chair or wall push-ups as a movement break.
- Provide handwriting warm-ups/stretchers at desk when noticing student's frustration or fatigue before the task is complete.
- Encourage outside play and climbing, to build upper body strength which is good and develops a stable base along with strong hands. This is also a calming activity.
- Floor activity which requires weight bearing on arms, for example crawling through simple obstacle course or to a goal, animal walks, Rocking Puppy (on all fours on the carpet and rocking back and forth), etc.