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SENSORY BREAK CARDS FOR KIDS

SENSORY BREAK CARDS FOR HOME

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Growing Hands-On Kids, LLC, Heather Greutman
& The Chaos And The Clutter, Sharla Kostelyk

www.growinghandsonkids.com & www.thechaosandtheclutter.com

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Heather Greutman is a Certified Occupational Therapy Assistant. Sharla Kostelyk is a mother with experience in sensory processing through parenting her seven children.

This book is for educational purposes only. The advice and tips given are not a replacement for medical advice from a physician or pediatrician. Please consult their advice if you suspect any medical or developmental delay with your child. This book and tips do not replace the relationship between an Occupational Therapist and client in a one-on-one treatment session with an individualized treatment plan based on their professional evaluation. Please seek out your local Occupational Therapist for an evaluation if you suspect any delays or sensory processing concerns with your child.

All activities are designed to be completed with adult supervision. Please use your judgment when setting up these activities for your child and do not provide items that could pose a choking hazard for young children. Never leave a child unattended when completing any of these activities. Please also be aware of all age recommendations on the products you are using with your child. The author is not liable for any injury caused to your child while completing any of these activities.

HOW TO USE THESE CARDS

Thanks for downloading our sensory break cards for home. If you are a parent, grandparent, or caregiver, these cards and corresponding activities have been designed to be easy to incorporate into your home.

Sensory breaks are a great way to encourage your child to explore with all their senses. Each activity is designed to engage one or more senses to help your child re-focus, get out some extra wiggles, and return back to their day with their sensory needs met.

These cards can be printed back-to-back to save on paper and ink. You will notice that they are divided into three different colored sections. You can also laminate them and attach them to a ring for easy use.

Cards with a **red outline** are generally alerting activities and can be used when your child is feeling a bit sluggish and need a boost of energy in their day.

Cards with the **green outline** are generally calming activities and can be used when your child needs a break to re-focus, calm their bodies, during a meltdown or after one.

Cards with the **yellow outline** can be either alerting or calming activities, depending on how your child reacts to them. Keep an eye on their behavior and response to these activities and use them for either calming or alerting activities when needed.

Depending on the child, some alerting types of activities could be calming for them and calming activities could be alerting to them. Observe all reactions and make mental or jot down notes of their behavior after completing these activities. Some children may show adverse reactions even hours after an activity.

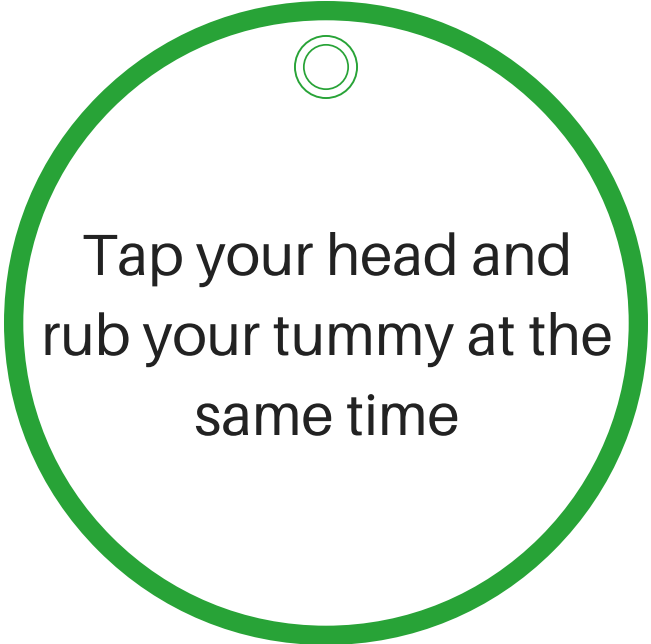
Each activity should be completed with adult supervision to look for adverse reactions to the activities. Each child will react differently, so it's important to observe and decide which activities will help your child the most, based on their responses. These responses can change over time, you can always come back to some of the activities and re-introduce them.

Avoid any spinning or movements where the head is inverted if your child has a history of seizures or heart conditions since these could cause a negative episode for your child. Always consult your child's physician if you have any concerns about your child's development.


Also, always follow an alerting activity, or set of alerting activities, with a calming activity to make sure the child is not overstimulated before moving on to other activities or environments.

Most of all, have FUN exploring all the senses!


Heather & Sharla




Tap your head and
rub your tummy at the
same time



Wrap up in a blanket
like a hotdog



Stretch up as tall
as you can



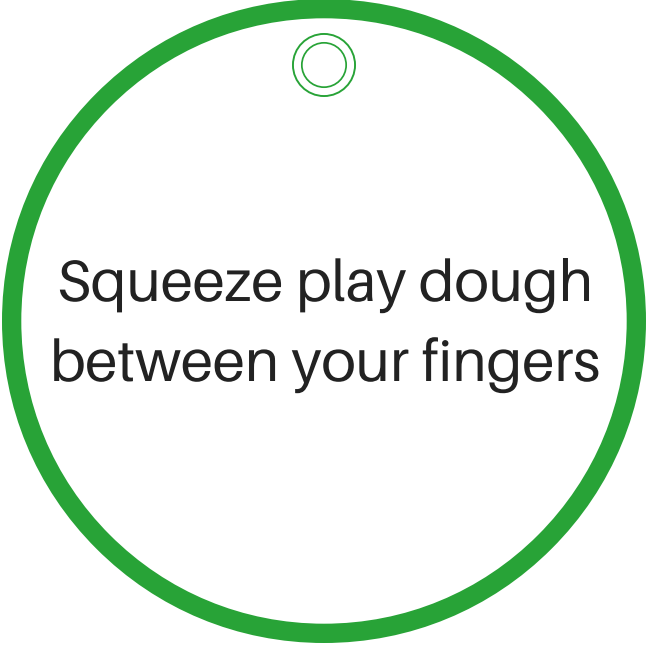
Hug your favorite
stuffed animal




Softly hum "Twinkle
Twinkle Little Star"




Whisper your name




Squeeze play dough
between your fingers




Trace shapes in
dry rice



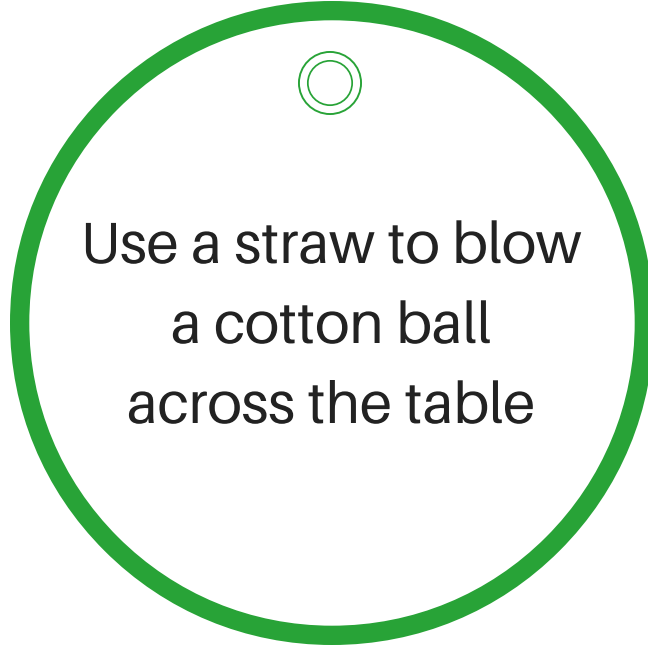
Deep Breathing:
Smell a flower, then
blow out the candle



Get a drink
of water



Listen to music with
headphones
or earplugs



Use a straw to blow
a cotton ball
across the table



Shake a calm down
bottle or jar



Paint or color
a picture



Take a walk outside



Blow a pinwheel



Give yourself a
big bear hug



Count slowly
starting with 1-10



Clap and stomp
to a beat



Play
freeze tag



Spin like a
helicopter



Quickly touch
something red



Play follow
the leader



Walk like
a crab



March like an
elephant



Roar like a
dinosaur



Jump forward as
far as you can



Have a
dance party



Roll like a log



Slither like
a snake



Crawl like a cat



Do the Hokey Pokey



Do 10 jumping jacks



Hop like a kangaroo



Army crawl under
the table



Do 10 push-ups



Do some
wheelbarrow
walking



Suck on a lemon
or lime



Listen to some
upbeat music




Go swimming




Sing your favorite
song



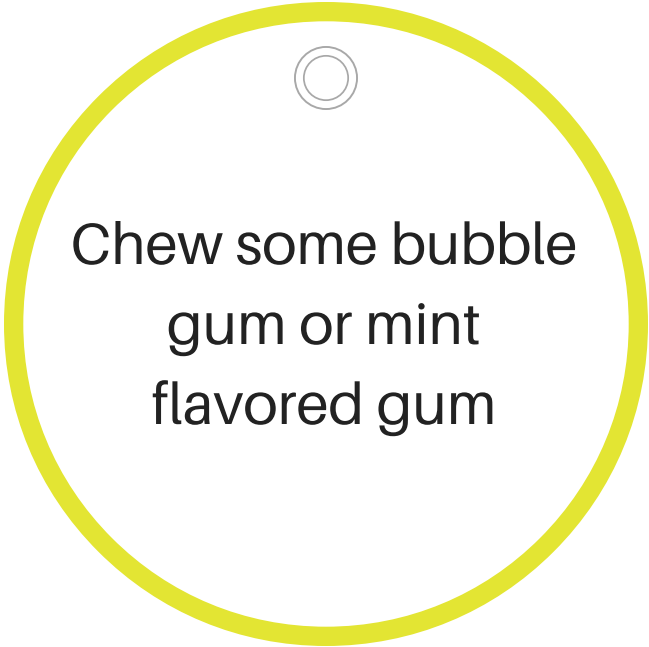
Hop on one leg
five times



Walk while balancing
a paper plate
on your head



Shape your body like
letters of the alphabet




Chew some bubble
gum or mint
flavored gum



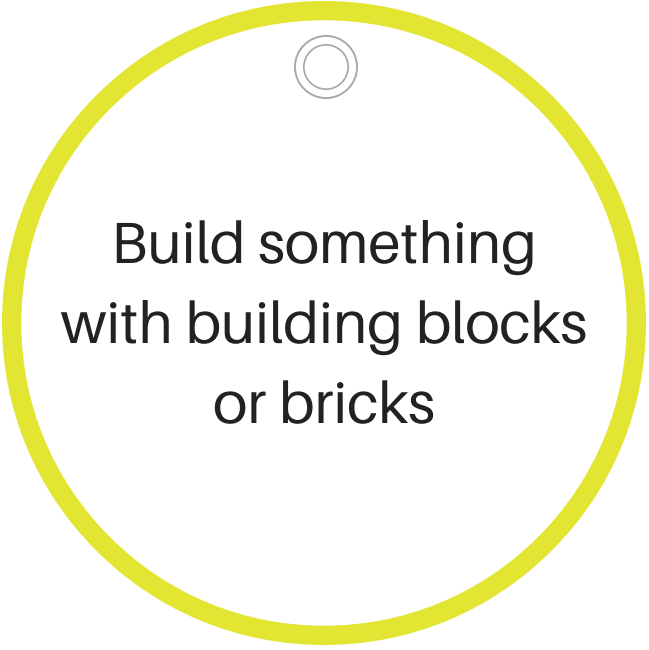
Blow some bubbles



Go for a run



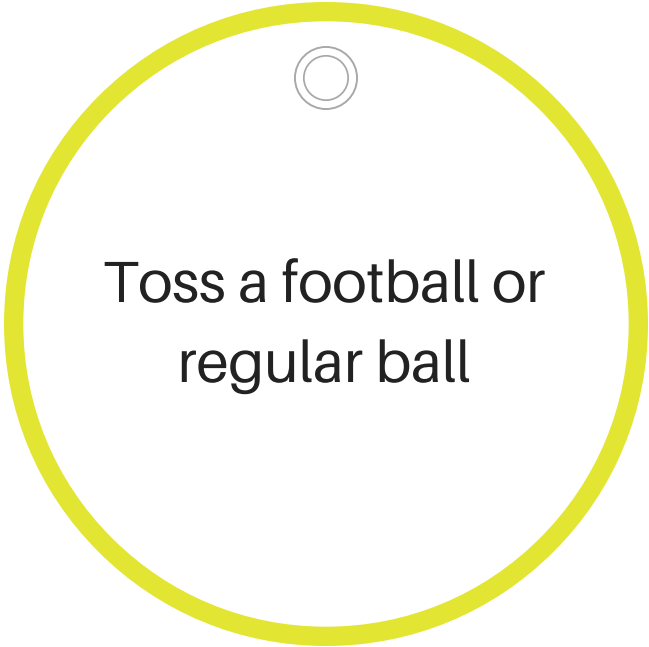
Take a shower
(cold or warm)



Build something
with building blocks
or bricks




Wash the car



Toss a football or
regular ball



Do some yoga poses



Roll up in a blanket
and then
unroll yourself



Eat a crunchy snack

SENSORY BREAK CARDS FOR THE CLASSROOM

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All activities are designed to be completed with adult supervision. Please use your judgment when setting up these activities for your child and do not provide items that could pose a choking hazard for young children. Never leave a child unattended when completing any of these activities. Please also be aware of all age recommendations on the products you are using with your child. The author is not liable for any injury caused to your child while completing any of these activities.

HOW TO USE THESE CARDS

Thanks for downloading our sensory break cards for the classroom. If you are a teacher, school administrator, support staff, or a therapist, these cards and corresponding activities have been designed to be easy to incorporate into your classroom, with all the students.

Sensory breaks are a great way to encourage your students to focus and gain the attention of the class. Each activity is designed to engage one or more senses to help your students re-focus, get out some extra wiggles, and return back to their school day with their sensory needs met.

These cards can be printed back-to-back to save on paper and ink. You will notice that they are divided into three different colored sections. You can also laminate them and attach them to a ring for easy use.

Cards with a **red outline** are generally alerting activities and can be used when a student is feeling a bit sluggish and needs a boost of energy in their day.

Cards with the **green outline** are generally calming activities and can be used when a student needs a break to re-focus, calm their bodies, or during a meltdown or after one.

Cards with the **yellow outline** can be either alerting or calming activities, depending on how your students react to them. Keep an eye on their behavior and response to these activities and use them for either calming or alerting activities when needed.

Depending on the student, some alerting types of activities could be calming to them and calming activities could be alerting to them. Observe all reactions and make a mental note or jot down notes of their behavior after completing these activities. Some students may show adverse reactions even hours after an activity.

Each activity should be completed with adult supervision to look for adverse reactions to the activities. Each student will react differently, so it's important to observe and decide which activities will help your student(s) the most, based on their responses.


These responses can change over time, you can always come back to some of the activities and re-introduce them at another later on.

Avoid any spinning or movements where the head is inverted if any student has a history of seizures or heart conditions since these could cause a negative episode for them.


Also, always follow an alerting activity, or set of alerting activities, with a calming activity to make sure the students are not overstimulated before moving on to other activities or environments.

Most of all, have FUN exploring all the senses!


Heather & Sharla



Take deep breaths:
Smell the flower, blow
out the candle



Squeeze your hands
together




Close your eyes and
think about your
favorite/happy place



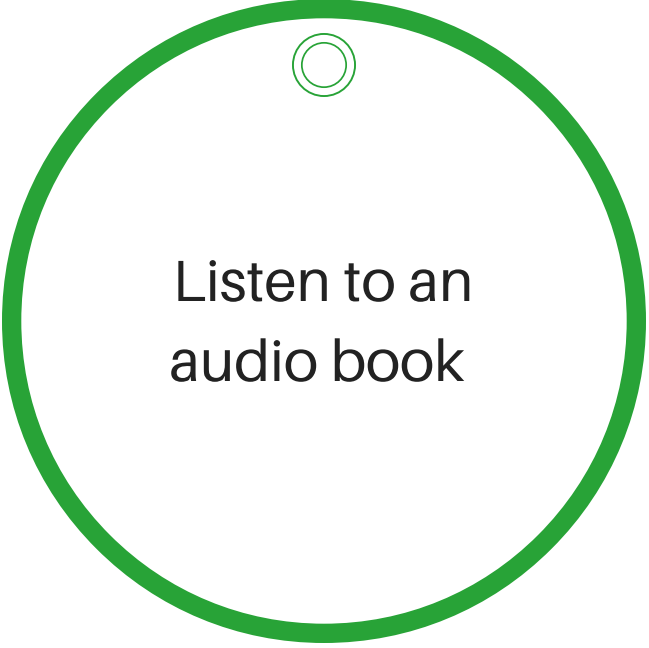
Squeeze a stress ball



Whisper your name




Give yourself a
bear hug




Listen to an
audio book



Shake a calm down
bottle



Listen to music
with headphones
or earplugs




Get a drink
of water




Read a book



Rock in your seat



Count to 10 quietly,
or in your head



Tear scraps of paper
into pieces
(into a trash can)



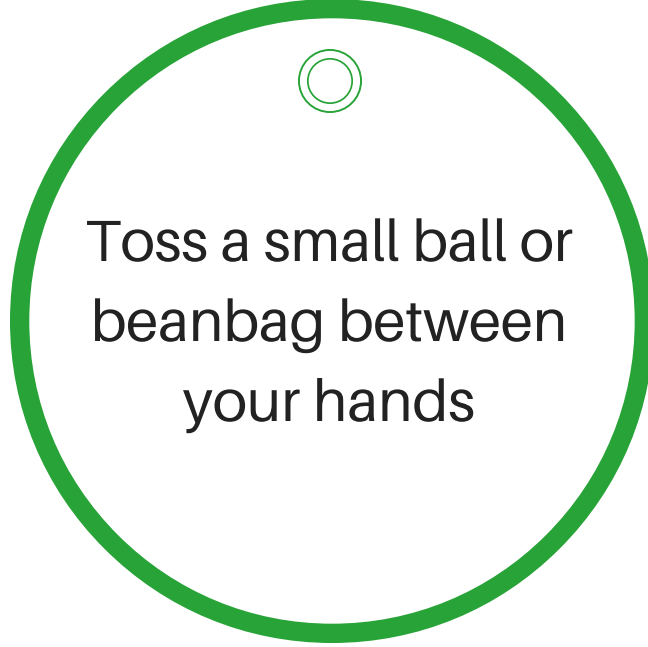
Take a walk outside



Blow a pinwheel



Color a picture



Toss a small ball or
beanbag between
your hands



Have a dance party



March around
the room
to music



Do 10 jumping jacks



Move like an animal



Play "hot potato" with
a ball or beanbag



Stand on one foot and
touch your nose



Spontaneous
recess break



Go swing on the
swings in the
playground



Do seated
cross crawls



Do 10 push-ups



Listen to some
upbeat music



Hop on one leg
five times



Go play on the
playground



Bounce on a ball or
cushion seat at your
desk



Clean the tables in
the classroom



Do finger push-ups
on your desk (press
firmly into the table,
then relax)



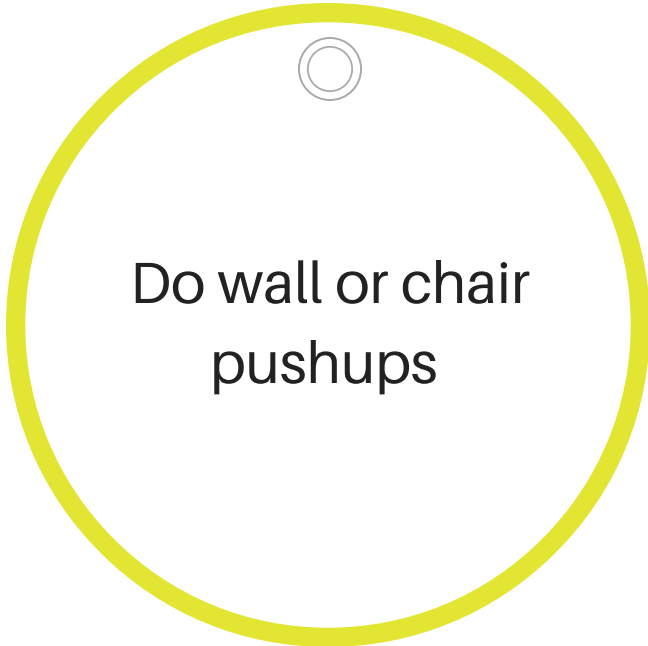
Run in place for 1
minute



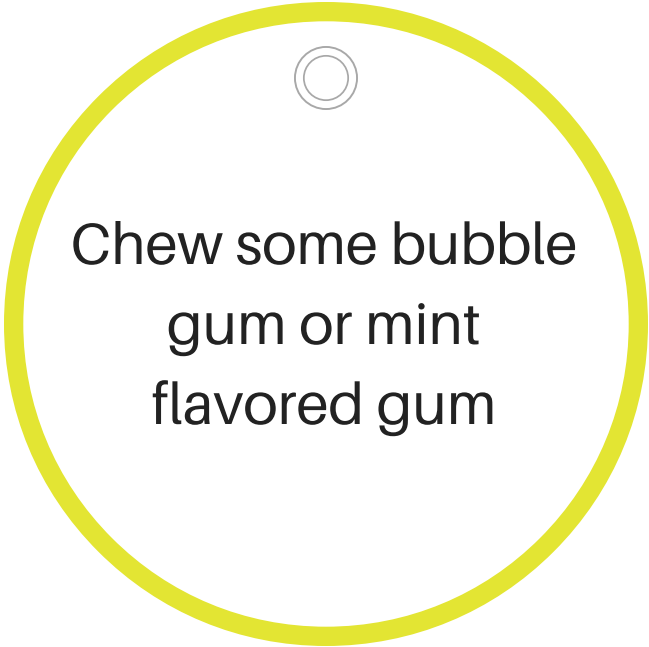
Play musical chairs
as a class



Ask for a water break




Do wall or chair
pushups



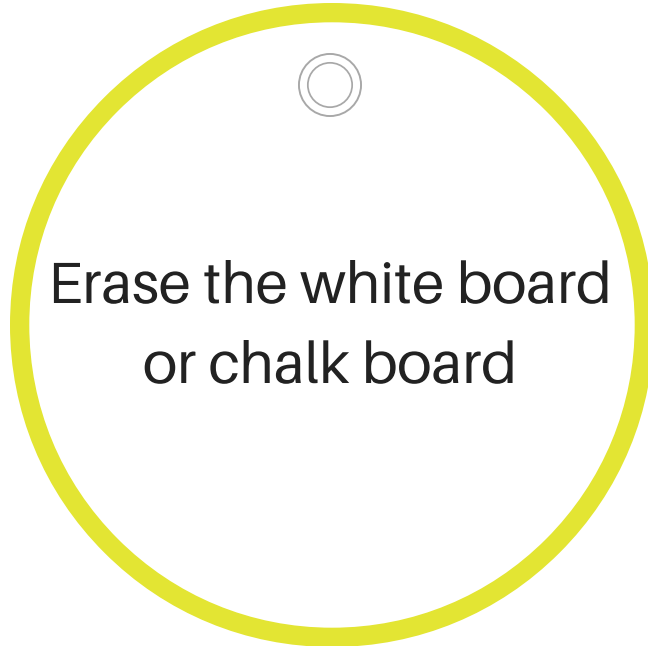
Chew some bubble
gum or mint
flavored gum




Eat a crunchy snack




Do some
yoga poses




Erase the white board
or chalk board




Water a plant in the
classroom




Sit like a seed (in a
ball) and grow tall as
a tree



Stack some chairs in
the classroom



Run an errand for
your teacher



Pretend to play the
piano on your desk



Ask for a fidget tool