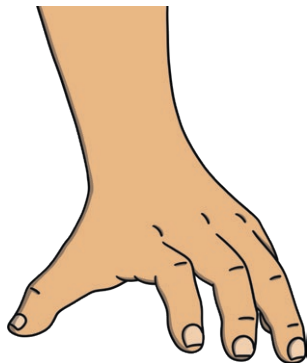


Sensory Brain Break

Hand Crawls

Make your fingers into a crawling spider- make your spider walk or run across the table.



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Sensory Brain Break

Scrunch It

See how many times you can scrunch tissue paper into a ball.



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Physical Activity Resource Disclaimer: This resource is provided for informational and educational purposes only. As this resource refers to physical activity, you must ensure that an adequate risk assessment is carried out prior to using this resource. Twinkl is not responsible for the health and safety of your group or environment. It is your responsibility to ensure the resource and the information/activity it contains are safe and appropriate to use in your situation. It is your responsibility to ensure that the activity is safe for those participating. You may wish to take guidance as to whether and how participants should warm up before taking part in any activity, and carefully assess any environmental risks to be sure participants have a safe space in which to take part.

Sensory Brain Break

Draw It

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



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Sensory Brain Break

Roll It

Use a gym ball and ask an adult or friend to roll the ball across your back.



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Sensory Brain Break

Superman Roll

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



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Sensory Brain Break

Wrap Up

Wrap yourself in a heavy blanket or use a weighted vest.

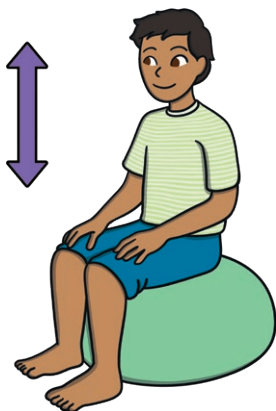


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Sensory Brain Break

Bounce!

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



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Sensory Brain Break

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.



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?



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?



Stretch and Pull

Use a stretchy band.

Can you stretch the band with a friend or an adult?



Sensory Brain Break

Peanut rock

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



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Sensory Brain Break

Deep Breathing

Take 10 deep breaths.



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Sensory Brain Break

Spinning

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



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Sensory Brain Break

Music Time

Listen to music using headphones.



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