

Sample Sensory Break Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
a.m. Break	Obstacle course (3x): -tunnel, pick up bean bags -stand up, throw bean bags in bucket -sit on big ball and bounce 10x -step in/out of 4 hoola hoops in a row (or spin 10 times in a circle) -rest 10 secs., repeat 2 more times	Scooter Board activities: -races in obstacle course -10 blasts off (10 with arms and 10 with legs) - 10 spins in each direction	Big Ball exercises: -sit and bounce on ball 10x, stop, 10x, stop, 10x, stop. - push ball into wall (at chest height) 10x quickly, repeat 2 more times -kick big ball 10x against wall	Trampoline: -bounce 10x, throw 4 bean bags into a bucket, bounce 10x, stop (use stop and go sign if it helps); repeat 3x.	Arm activities: -Wall push-ups, 10x (repeat 3x) - 10x Windshield wipers (arms cross over head, straight elbows) and 10x Scissor (cross arms/hands in front of knees) -10 jumping jacks (modeling and saying "pencil" then "star")
p.m. Break	Deep Pressure Activities, 10x each: elbow, shoulder, hip, knees/ankles, shoulders, fingers, push palms together- 10 quick pulses (repeat sequence as desired), self-hugs 10x	Animal walks: -crab walk races -turtle walk (pick up bean bags along the way and place on back as student walks) -Bear walks to book shelf, turn on music, bear walk back to start (across the room)	-Dance to music, stop when music stops, and start again when music starts again -Spin on swivel chair using stop/go sign, and change directions each "go"	Balance beam activities (have student push bench across gym, and then adult turns the bench upside down): -walk forward, sideways, help to toe, step over obstacles (bean bag on beam) with SUPERVISION	Ball Skills: -Sit across from each other and roll a medicine ball -play catch with a medicine ball (2feet away) -catch a beach ball with water in it 10x, start close and move farther

Other Activities to do throughout the day to help with Sensory Diet:

1. Take chairs off desks in morning
2. Carry heavy object (full backpack or weighted ball/lap blanket, deliver milk)
3. Wipe off white board or chalkboard ("push hard" to erase)
4. Whole class: 10x Desk push ups before writing task (repeat 2x), Simon says with clapping and large body movements

Key Strategies:

1. Keep routined, same time each day
2. Try and try again- cycle activities that did not seem to work in the past
3. Persistence is key- try for a month (unless it causes student distress) to determine if it affects behaviour or not
4. Keep it structured (10x) and switch activities (student has to pause and reorganize before starting next task) to help calm/alert student
5. Continue to monitor behaviour to note any affects of sensory breaks (positive and negative)

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