

SENSORY BREAKS

PHYSICAL, TACTILE AND AUDITORY SENSORY IDEAS

Below is a grid and corresponding sensory cards to help provide sensory break ideas/opportunities for your kiddo.

The grid is best used for kids who are able to articulate their needs and are able to know which breaks would be best for them.

The cards are designed for younger kids who prefer pictures as communication.

Additionally the cards are a great for travel and use outside of the house.

Sensory Break Choices



Play-Doh



Jumping Jacks

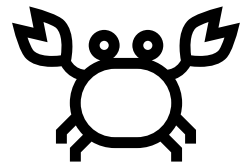


Yoga



Deep Breathing

FREE
CHOICE



Animal Walks



Flour Balloon



Calming Music



Coloring

I Need A Sensory Break



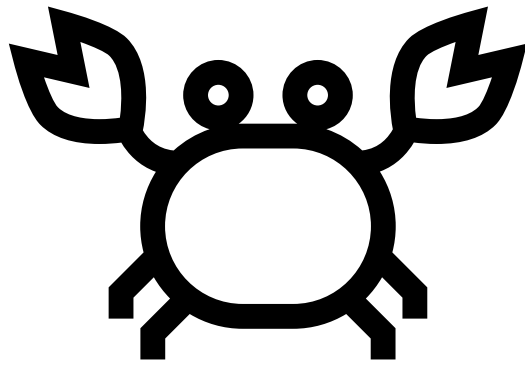
Play- Doh

I Need A Sensory Break



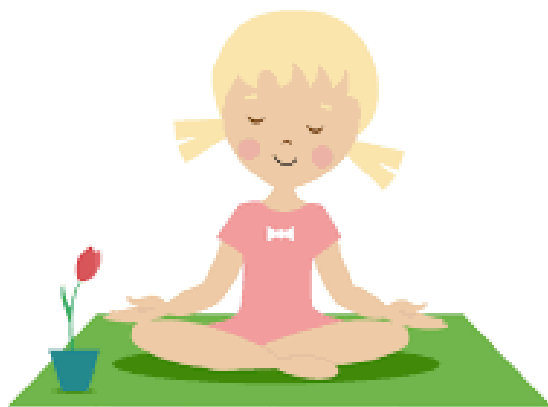
Quiet Music

I Need A Sensory Break



Animal Walks

I Need A Sensory Break



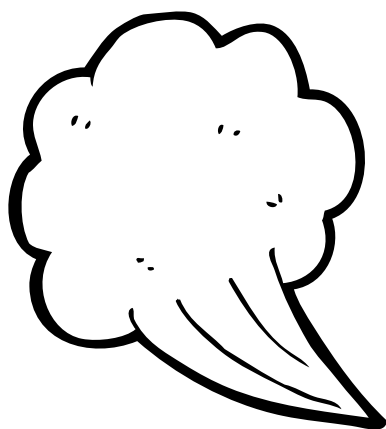
Yoga

I Need A Sensory Break



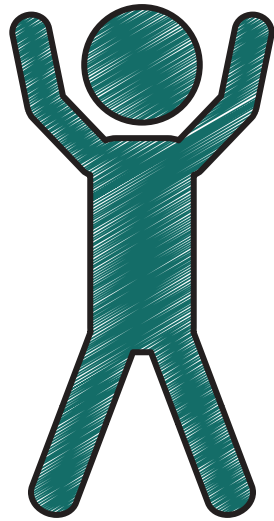
Coloring

I Need A Sensory Break



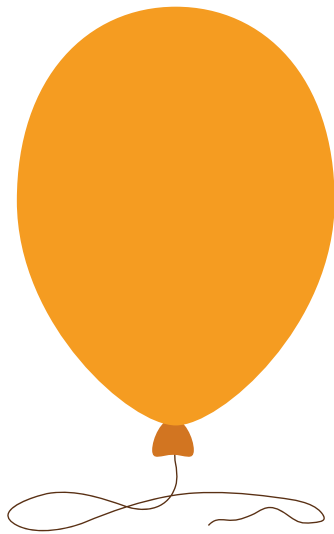
Deep Breathing

I Need A Sensory Break



Jumping Jacks

I Need A Sensory Break



Flour Balloon