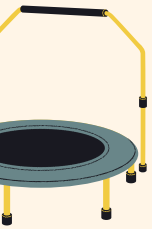
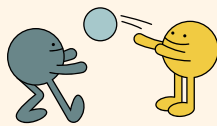


40 Quick and Easy Sensory Break Ideas



- Jumping Jacks
- Jumping on a mini or large outdoor trampoline
- Heavy work activities
- Crawling through tunnels or under objects
- Wall or chair pushes
- Animal Crawls (Can you crawl like a crab? Seal? Bear? Frog?)
- Ball pass
- Ball pits
- Reading in a bean bag chair
- Biking
- Climbing trees or on a jungle gym outside
- Use fidget toys
- Chewing toys or tools
- Crashing mat
- Play with a parachute
- Popcorn jumps
- Wheelbarrow walking
- Obstacle course
- Passing weighted balls or bean bags back and forth
- Scooter board activities



- Resistance bands
- Bouncing on a therapy or exercise ball
- Listening to upbeat OR calming music
- Swinging
- Going outside for a walk
- Jump-roping or double-dutching
- Skipping
- Running
- Bean bag squeezes
- Drinking water with a water bottle with a bite valve
- Chewing gum (all-natural chewing gum option)
- Using a weighted blanket or vest
- Lifting light weights
- Yoga moves
- Swimming
- Tummy time
- Headphones to block out unnecessary noise
- Roller blading or skating
- Visit the playground

