

# 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 bear? crab? frogs? seals?)
- Ball Pass
- Ball Pits
- Reading in a bean bag chair
- Biking
- Climbing trees or on a jungle gym
- Use fidget toys
- Chewing toys or tools such as Chewable Jewelry
- Crashing mat
- Play with a parachute
- Popcorn jumps
- Wheelbarrow walking
- Obstacle course
- Passing weighted balls 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 or hike
- Jumping jacks
- Skipping
- Running
- Bean bag squeezes
- Drinking water through 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 blade or skating
- Visit the playground