

Top Tips

Movement Break Ideas

For parents, young people & teachers

Children with sensory processing needs may seek movement or require regular intervals of movement to enable them to focus on other activities such as learning.

- ✓ Jumping, on the spot, star jumps, from spot to spot
- ✓ Pretend to be a bear and walk around on hands and feet
- ✓ Run errands: ask a child to take something to another room e.g. a heavy book to Mr Smith or toy to their bedroom
- ✓ Marching – heavy and light steps, big and small movement
- ✓ Sitting or lying over a gym ball or space hopper
- ✓ Obstacle courses

(Remember spinning can be disorganising. It should also be avoided with children diagnosed with epilepsy)

