

Sensory Break Ideas Checklist

Parent Guides



MOVEMENT BREAKS

- ☐ Jumping jacks or jump rope
- ☐ Wall push-ups
- ☐ Animal walks (crab walk, bear crawl)
- ☐ Dance to a song
- ☐ Quick walk or run outside

CALMING BREAKS

- ☐ Deep breathing (see the breathing sheet)
- ☐ Weighted blanket or lap pad
- ☐ Rocking in a chair
- ☐ Quiet, dim corner for a few minutes
- ☐ Listening to calm music

TACTILE / HANDS-ON BREAKS

- ☐ Squeeze a stress ball or putty
- ☐ Fidget toy
- ☐ Play with kinetic sand or playdough
- ☐ Cold water on hands
- ☐ Draw or color for a few minutes

Our top 3 favorites:
