

Sensory Motor Break Ideas

- Wall Pushups – Similar to floor push ups but standing and leaning with hands on wall. Bend at elbows and lean in like you are “kissing” the wall.
- Chair Pushups – Sitting, grasp sides of chair seat near the front; shift weight forward so that arms are supporting some body weight; bend at elbows.
- Carry/push/pull heavy objects such as book bag, books, weights, chairs, etc.
- Wheelbarrow walk, crab walk or bear walk, army crawl, etc.
- Open/close doors for classmates
- Stack/unstuck chairs in classroom
- Weighted lap pad, weighted vest, weighted blanket (see OT)
- Use therapy ball to roll linearly and weight bear through arms
- Jumping jacks/jump rope (count to certain number, sing ABCs, spell name)
- Propel self on scooter board
- Firm pressure through shoulders, big bear hug, hand or head squeezes, etc.
- Mat squeezes – child lays on gym mat while other half of mat is layed on top; provide consistent deep pressure to create a student “sandwich”.
Be careful to allow child’s head out of mat to prevent trouble breathing
- Cold drink of water, crunchy or chewy snack for resistance, gum
- Gentle vibration with massage toy
- Messy play with Theraputty, play dough, shaving cream, sand, water, finger paint – dumping and pouring, paper ripping, paper crumbling, lotion rub
- Fidget toy – try hard vs. soft vs. squishy
- Surgical brush for brushing – see OT
- Go to a quiet room or area and/or listen to calm music and/or turn off lights
- Cut thick oak tag or heavy weight paper for added resistance
- Sharpen pencils manually
- Push/pull lunch bin
- Erase or wash chalkboard
- Jump on mini-trampoline
- Help Janitor or office or copy room in carrying out heavy work jobs
- Isometric exercises – push hands together, pull fingers apart

Please consult with OT for specifics on these exercises or if there is any concern.