



Brain Breaks

Scheduling regular Brain Breaks can make a big impact in your home-schooling routine. Brain Breaks are not just beneficial for children with additional needs, all children and even adults can benefit. It is proven that short, energising bursts of activity can help improve:

- focus
- attention
- motivation
- memory

By giving their “thinking brain” a rest, children can relax and later, refocus better on learning materials.

The breaks should be structured around the individual’s needs. In general Brain Breaks should be between 5 and 10 minutes long and done in regular intervals. It can be useful to include Brain Breaks on a visual timetable or a [now and next](#) (See Attachment 1 for timetable symbols).

Movement Breaks

Through physical activity, more oxygen reaches your brain which in turn, improves focus on learning and retaining information more efficiently. Implementing movement breaks in your daily learning routine is very simple and the Movement Break options are endless. Some examples could include:

- dancing to your favorite song
- bouncing on a therapy ball or trampoline
- running up and down the stairs 5 times
- movement breaks using a dice (See Attachment 2)
- 100 skip rope jumps

A few examples of online resources include:

- The Body Coach [5 Minute Move](#)
- Out of the Ark Music Action Song: [Wake Up!](#)
- The Learning Stations, Kids Songs: [Shake Your Sillies out](#) or [Move and Freeze](#)



Sensory Breaks

Sensory Breaks can help children to self-regulate sensory needs. Appropriate sensory input can help children relax and refocus.

When planning Sensory Breaks, it is important to keep the child's sensory diet in mind. Every child is different and therefore requires a sensory input that is suitable to their needs. The [Sensory Diet Information Sheet](#) provides information about how to detect your child's preferences and lists activities to try at home.

Mindful Breaks

Mindful Breaks can help children to feel calm and relaxed. Additionally, it can improve a child's self-confidence and may help to regulate emotions and feelings.

Mindful activities could include:

- painting, drawing or coloring
- practicing mindful breathing (See Attachment 3)
- practicing Yoga (e.g. [Cosmic Kids Yoga](#))
- mindful jars or sensory bottles (See Attachment 4)
- blowing bubbles


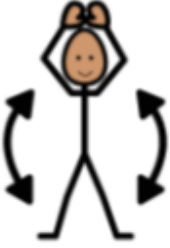












Timetable symbols Brain Breaks





Movement break using a dice

	 10 star jumps		 roll on the floor and count to 10
	 run to the front door and back		 5 helicopter jumps
	 10 squats		 crawl around the room



Mindful Breathing: Animal Flashcards



breathe like a bee: inhale through the nose, exhale with lips together making humming sound



breathe like a lion: inhale through the nose, exhale through the mouth with tongue out



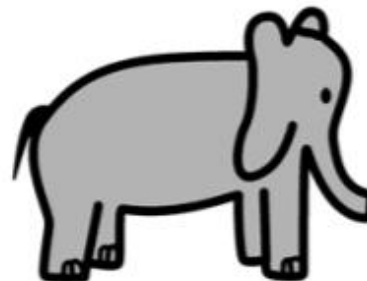
breathe like a bunny: inhale with 3 sniffs through the nose, exhale through nose (one long breath out)



breathe like a snake: inhale through nose, exhale hiss with teeth together



breath like a bear: inhale through nose 3 counts, exhale through nose 5 counts



breath like an elephant: inhale through nose, stretch up tall, breath out through mouth, swing arms down and bend at hips



How to make a sensory Jar/Bottle

You will need:



bottle or jar



warm water



glue


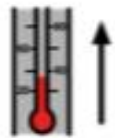



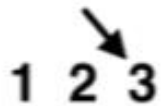


food colouring






glitter

Step 1






add warm water to jar or bottle , one third

Step 2




add glue , and stir .

Step 3

add 3 drops of food colouring and glitter .

Step 4

fill up with water and shake .