

## Sensory Break Ideas

### Signaling a Sensory Break

- Specific item (pen, sticky note, etc.) placed on corner of desk
- Hand signal besides raising hand, such as holding 1 or 2 fingers up by chin, more discreetly
- Positioning text book or work in a certain manner

### Sensory Break Ideas-Classroom

- Dancing to a 3-4 minute song (cue it up on your phone)
- Game of Simon Says
- Series of stretching exercises
- Walking tour around the building
- Walk outside around outside of building
- Balloon volleyball for a few minutes
- 10-10-10 of something-10 jumping jacks, 10 seconds running in place, 10 seconds of arm circles
  
- go to the restroom
- ask them to take/retrieve something from front office, nurse's office, etc.
- have them assist in setting up classroom for next activity (moving a computer, TV, pulling down screen, preparing whiteboard, etc.)
- Ask them "Can you go check and see if..." and send them on an errand in the building.
- Carrying pile of books from one spot to another.

### Song Ideas for Sensory Breaks or Brain Breaks

- Crocodile Rock by Elton John
- YMCA by the Village People
- Happy by Pharrell Williams
- Shake It Off by Taylor Swift
- Can't Stop the Feeling by Justin Timberlake
- Footloose by Kenny Loggins
- ABC by the Jackson 5
- I Like to Move It Move It by Will.I.Am
- The Macarena by Los Del Rio
- Baby Shark
- Everything is Awesome from the LEGO Movie
- Twist and Shout by James Brown
- The Cha Cha Slide by Mr. C the Slide Man
- Dynamite by BTS