

Sensory Break Ideas

Yoga Poses

Mindfulness Exercises

Dim the Lights

Sit in a Quiet Area

Hug a Pillow

Ice Packs

Solve Puzzle

Deep Pressure Pushes

Progressive Muscle Relaxation

Finger Stretching and Wiggle

"Cocoon" with a Blanket

Shadow Boxing

Deep breathing exercises

Drawing Patterns

Cloud Watching

Blowing Bubbles

Toe Wiggling

Humming a Tune

Facial Massage

Squeeze and Release

Nature Walk

Jumping rope

Hopscotch

Coloring

Doodling

Listening to Calming Music

Scribbling on Paper

Reciting Poetry or a Song

Balance on either foot

Gazing at an Object

Origami

Spend time outdoors

Jumping Jacks

Eating Crunchy Snacks

Sipping Through a Straw

Push-Ups (Wall, Desk, or Chair)

Self-Massage

Drinking a Warm or Icy Beverage

Spinning in a Swivel Chair

Rubbing a Textured Fabric

Spend time outdoors

Tapping Rhythms

Warm Pack or Warm Cloth

Get Up and Stretch

Dance - Move to Music

Exercise Hands and Fingers

Take a Walk

Play with Cold or Warm Water

Do Some Guided Imagery

Walk Barefoot