

Hand Crawls

Make your fingers into a crawling spider - make your spider walk or run across the table.



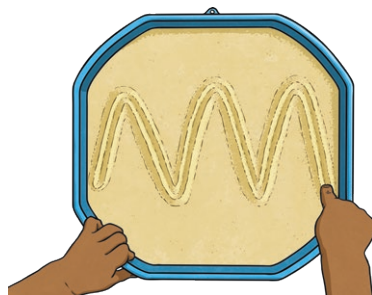
Scrunch It

See how many times you can scrunch tissue paper into a ball.



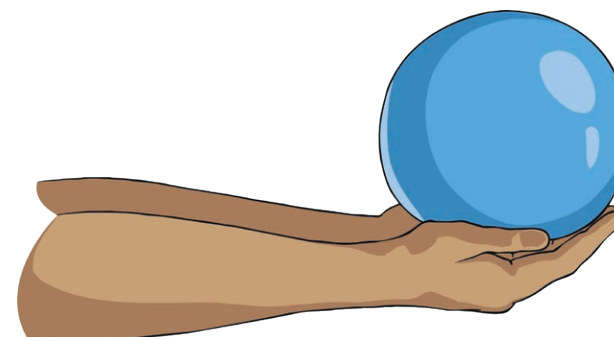
Draw It

Use a sand tray or sensory tray and see how many different patterns you can draw.



Roll It

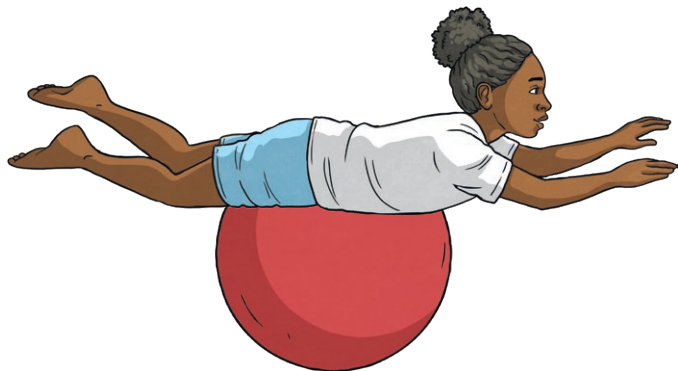
Using a gym ball, ask an adult to roll the ball across your back.



Sensory Brain Break

Superman Roll

Use a gym ball, lie on your front and roll forwards and backwards across the ball in a superman pose!



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Sensory Brain Break

Wrap Up

Wrap yourself in a heavy blanket or use a weighted vest.

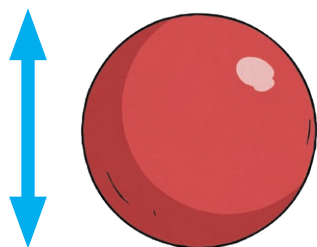


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Sensory Brain Break

Bounce!

Using a gym ball, bounce up and down on the ball.

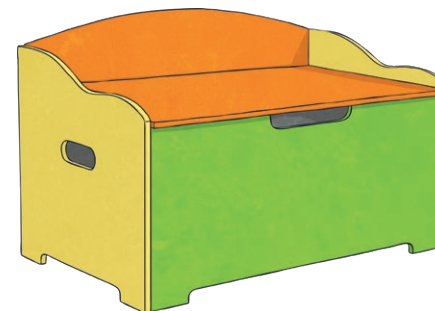


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Sensory Brain Break

Fiddle Toys

Explore a fiddle box of toys!



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Jump

Use a mini trampoline to practise jumping. Play hopscotch or jump on the spot.



Chair Pushes

Sit on a chair. Hold the sides of the chair and push yourself up, off the chair. Can you do 10 chair pushes?



Wall Pushes

Find a space against a wall. Place your hands on the wall and take two big steps back. Can you push yourself backwards and forwards?



Stretch and Pull

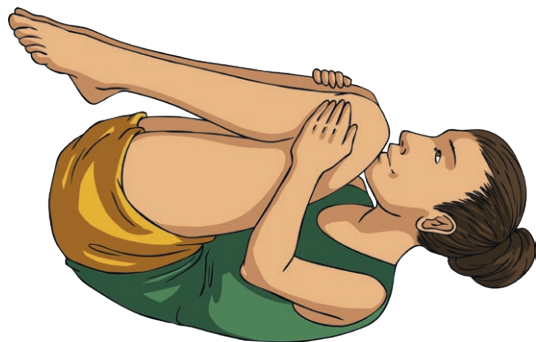
Use a stretchy band.

Can you stretch the band with someone at home?



Peanut rock

Find a space. Tuck your knees into your chest. Can you rock backwards and forwards?



Deep Breathing

Take ten deep breaths.



Spinning

Stand on the spot. Spin round in circles one way, then spin the opposite way.



Music Time

Listen to music using headphones.

