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**Parent Ambassador Program**  
**Implementing Sensory Breaks**  
**in Your School Day**  
**Learning Coach Resource**

# Implementing Sensory Breaks in Your School Day

## Large Muscle Activity Ideas:

- Jumping jacks
- Push-ups (floor or wall)
- Running
- Jumping rope
- Skipping
- Hopscotch
- Weights or resistance bands

## Seated Activity Ideas:

- Stretch each muscle group
- Run in place
- Flex your feet and hands
- Lift small weights
- Arm circles
- Bounce on exercise ball
- Take a drink, eat a snack
- Use fidget tools  
(spinner, cube, squishy ball)
- Sit, stand, use exercise ball

## When to Implement Sensory Breaks:

- Before school
- During classes
- Between classes
- Over lunchtime
- After school

## How to Implement Sensory Breaks:

### *Before School:*

- Eat breakfast
- Do some stretching
- Do a large muscle activity

### *During Class:*

- Seated activities
- Use “fidget tools”
- Switch between sitting, standing, & exercise ball

### *Between Class Periods:*

- Large muscle activity
- Run household errands (trash, laundry, mail)
- Refill water bottle

### *Over Lunchtime:*

- Short obstacle course
- Large muscle activity
- Get outside

### *After School:*

- Large muscle activity
- Get outside
- Household chores