

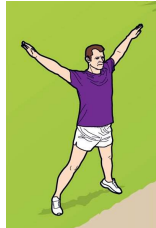
Sensory movement break for home

Carry out prior to a learning session to aid concentration

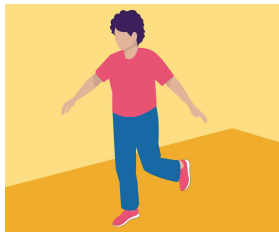
Remember to follow the activities in the order shown below



Marching on the spot and then jogging on the spot
(for 30 seconds)



Star jumps (for 20 seconds)



Balance on one leg and carry out 5-10 forward
shoulder spirals (making circles with your arms
from the shoulders)

Balance on the other leg and carry out 5-10
backward shoulder spirals.



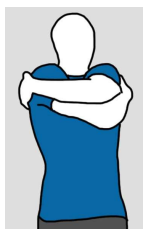
Under knee claps (alternating legs)



10 -20 slow controlled wall press-ups or chair push-
ups



Air seat - supporting your back against a wall



Firm self-hug