



30 Sensory Breaks for kids

Throw a ball	Use a fidget tool	Go for a bike ride
Blow Bubbles	Go for a walk	Bear hugs with Mum or Dad
Yoga Moves	Brain Gym Exercises	Wheelbarrow Walking
Chew Gum	Listen to Music	Blow up a balloon
Use a Skipping Rope	Jump on a trampoline	Suck a Lollipop
Hand Mudras	Blow on a party blower	Meditate
Lift light weights	Squeeze a stress ball	Read a book
Play with playdough	Climb a tree	Practise Breath work
Make a calm down bottle	Use a straw	Go swimming
Play "Simon Says"	Do push ups	Go barefoot in the grass/dirt
Punch a punching bag or pillow	Use a battery operated toothbrush	Crawl through homemade tunnels

Rainbow Light Therapies®

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