Take a Break!

10-MINUTE STRATEGIES
Re-Focus Tired, Hyper or Restless Students without leaving the classroom!

BREAK BOX AND BREAK BAG SOLD SEPARATELY
**FACT:** Sensory-Motor Breaks Improve Attention and Learning.

**MYTH:** It takes a lot of time, money and space.

Before reading these words, did you take a sip of water, stretch, or shift your chair? Of course! Even small movements can sharpen your focus, providing sensory input to perk up or calm down.

Now take it to the next level for you and your students! This Guide offers sensory-motor strategies that can be integrated into the daily routine or used spontaneously with problem behavior. As children learn how to regulate their emotions and ease into the just-right state, you’ll notice a significant improvement in attitude, attention and learning.

**How does your engine run? Which regulation zone are you in right now? Need a brain break?**

The terms differ but the idea is the same: Being able to identify how you feel is the first step in self-regulating emotions. Once you know whether you’re feeling tired or restless, frustrated or angry, sleepy or hyper, you can choose the most helpful movement strategy.

**How much space is required for sensory-motor breaks?**

No extra space is required. Sensory and movement-based activities are done while seated or standing at the desk, or in the back of the room or hallway.

**Who needs a sensory-motor break?**

We all need breaks, but some children and adults need “sensory strategies” with daily activities to help self-regulate. (A person with Sensory Processing Disorder can have difficulty receiving, interpreting and acting upon messages from the senses, a kind of “neurological traffic jam.”)

**What are clues that it’s time for a sensory-motor break?**

- Staring off in space
- Wiggling or not sitting still
- Fists clenched in frustration
- Fidgeting with everything
- Falling asleep in class
- Chewing on pencils or clothing
- Slouching or falling off chair
- Shouting out
- Hitting or throwing objects
- Crying
- Biting nails, shirt or objects
What if there isn’t time in the schedule?
If you take 5-10 minutes for a sensory break, you will gain hours in concentrated learning time. Movement enables us to learn and concentrate (see Results at a Glance).

Do I need additional staff to implement these strategies?
No. Sensory-motor breaks are designed to be simple and work with the flow of your classroom. Over time, many students can learn to do these strategies independently, with little or no guidance.

Is this for every student?
Some activities are geared to the entire class to improve attention and academic performance. The tools in the Break Box support individual students in self-regulation, minimizing disruptive behavior and maximizing achievement.

Let’s get started!

RESULTS AT A GLANCE
Over time, you’ll see which strategies are most effective for your class, and for individual students. Keep track of your observations in the space provided in this guide.
Below are the results of several formal studies:
According to seven studies involving elementary school students, regular physical activity breaks during the school day may enhance academic performance, focus and behavior in the classroom.*
A study in North Carolina showed that providing elementary school students with a daily 10-minute physical activity break increased on-task behavior significantly, while a break without physical activity decreased on-task behavior.**
A study from the University of Illinois found that students performed better on reading comprehension, math and spelling when they had a 20-minute period of physical activity immediately preceding the test.**
After exercise, brain-wave readings showed that children with ADHD were better able to regulate their behavior and focus. All the children showed scholastic improvement after brief periods of exercise.***

Sensory-Motor Breaks
(ONLY IMAGINATION REQUIRED)

**Quick movements can improve attention:**
- Jumping jacks
- Wall push ups
- Deep breathing
- Running in place
- Chair pushups
- Push up High fives
- Hand and shoulder stretches
- Deep breathing exercises

Water breaks and bathroom breaks can be helpful too.

**Add a little extra movement during classroom transitions:**
- Walk like a bear
- Hop like a frog
- Crawl like a snake
- Walk like a crab
- Do the army crawl
- Walk backwards
- Gallop like a horse
- Skip high, skip low
- Move slowly like a turtle
- Fly like a butterfly
Sensory-Motor Breaks
(THERAPY TOOLS IN BREAK BOX OR SOLD SEPARATELY)

Heavy Work - Strategies for wiggly or restless behavior

ACTIVITIES
Push, pull, stretch, crawl, or move objects with resistance or weight.

BENEFITS
Provides proprioceptive input to the muscles and joints.

OUTCOME
Helps children regulate their behavior and focus more easily.

EXAMPLES

Sensory Input and Deep Pressure - Strategies for hyperactive behavior

ACTIVITIES
Interact with accessories that have adjustable amounts of weights.

BENEFITS
Provides soothing deep pressure and orients body in relation to space.

OUTCOME
Calms children who are constantly touching, crashing or mouthing, and supports children with limited body awareness who bump into things or slump.

EXAMPLES
Calm and Regulate Mood - Strategies for uncontrolled emotions

ACTIVITIES
Identify how you feel (even if you’re not sure), and choose helpful activities.

BENEFITS
Provides means for self-regulation and smoother transitions.

OUTCOME
Helps children manage frustration and anxiety, and re-energize.

EXAMPLES

Tactile Input - Strategies for Distracted Behavior

ACTIVITIES
Toss, catch and touch objects with different textures.

BENEFITS
Provides tactile experiences in a playful, non-threatening way.

OUTCOME
Helps children interpret touch sensations and stimulation, and relax.

EXAMPLES
De-Stress or Wake Muscles: Strategies for Tense or Tired Behavior

**ACTIVITIES**  
Massage or apply gentle vibration to the back, shoulders, arms and legs.

**BENEFITS**  
Provides deep pressure and joint compression.

**OUTCOME**  
Helps children relieve stress, re-energize and focus.

**EXAMPLES**  

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Work out the Wiggles - Strategies for Distracted Behavior

**ACTIVITIES**  
Sit on gel-filled cushions or seating cushions with adjustable air inflation, each with tactile features.

**BENEFITS**  
Provides subtle movement to improve blood flow to the brain and the entire body.

**OUTCOME**  
Enables a low-energy child to pay closer attention, and supports a high-energy child in an active approach to learning.

**EXAMPLES**  

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Reduce distractions - Strategies for auditory-sensitive behavior

**ACTIVITIES**  Wear adjustable headsets that filter noise but allow wearer to hear direct conversation.

**BENEFITS**  Provides noise-cancelling and immediate relief.

**OUTCOME**  Supports children who are hypersensitive to sounds and easily distracted or jarred by noise.

**EXAMPLES**

- Noise-reduction ear muffs
- Sensgard with Zem headset

Release stress and excess energy - Strategies for fidgeting and oral motor needs

**ACTIVITIES**  Fidget with stretchy or squishy hand-held objects. Suck, blow or chew objects safe for mouthing.

**BENEFITS**  Intentional fidgeting can help focus the brain on primary tasks and increase attention. Chewing and oral motor stimulation can act as a filter to reduce stress.

**OUTCOMES:**  Helps children relieve pressure and concentrate.

**EXAMPLES**

- Gel fidget balls with keychain
- Discovery disc
- Busy fingers pencil fidget
- Spaghetti chewy fidget
- Discovery putty
- Chewy pencil toppers
Improve eye-hand coordination - Strategies for fine motor control

ACTIVITIES
Learn to button, zipper, buckle and snap. Recognize right and left hand movements.

BENEFITS
Strengthens fine motor skills and visual processing.

OUTCOME
Makes learning a whole body experience, especially for young children.

EXAMPLES

BlAST Off Zipper Trainer
Super HerO Dressing CAPE
FIRE FIGHTER Dressing VEST
Let’S Go Finger Fishing

Notes
Our Break Box delivers hands-on tools to re-focus tired, hyper or restless students in class or after school. Customize your own Break Box, or choose from ready-made Break Boxes or Break Bags. Early childhood to teens.

- Creates opportunity for brief break in the classroom.
- Targets problem behavior with specific therapeutic solutions.
- Renews focus and concentration with sensory-based activities.
- Supports inclusive classrooms and special needs classrooms.
- Enables students to self-regulate with minimal supervision.
- Includes activity guide. In-service training for bulk purchases.

Bill To:

Name: ________________________________
Company/School/Organization: ________________________________
Address: ____________________________________________________
City: ___________________ State: _______ Zip: ________
Phone: ___________________ Fax: ___________________ Email: ____________

Please print clearly.

Ship To:

Name: ________________________________
Company/School/Organization: ________________________________
Address: ____________________________________________________
City: ___________________ State: _______ Zip: ________
Phone: ___________________ Fax: ___________________ Email: ____________

Please provide street and number. We cannot deliver to PO Box.

THE BREAK BAG IS A LIFESAVER! HELPED OUR KIDS CHILL OUT DURING AN 8 HOUR CAR TRIP!”
-- E.S., MOM OF 3 IN NJ

WITH BREAK BOX, YOU CAN HELP KIDS RETURN TO LEARNING INSTEAD OF SENDING THEM OUT FOR MISBEHAVIOR.”
-- KAREN D., SPECIAL ED COORDINATOR
## ORDER FORM

### READY-MADE BREAK BOX OR BAG

<table>
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### ITEMS CAN BE ORDERED INDIVIDUALLY TOO!

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<td>Busy Fingers Fidget Lap Pad</td>
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**Subtotal** $_________
**Shipping 13%** Minimum $8.95 $_________
**NJ Sales Tax 7%** $_________
**PA Sales Tax 6%** $_________
**TOTAL** $_________

Payment Method (In U.S. Funds Only):
- [ ] Authorized Purchase Order#_______________________________
- [ ] Visa
- [ ] Mastercard
- [ ] Discover
- [ ] American Express

Card#___________________________________________________ Expiration Date__________________CVV Code_________________
Print Cardholder Name _____________________________________ Signature________________________________________________

[ ] Check or Money Order (enclosed) payable to Fun and Function

Purchase orders can be placed online or via fax.

*We reserve the right to correct mistakes and change prices. If a price change is more than 10%, we will notify you before filling your order. Your full satisfaction is always guaranteed.*

Sign-up for special offers and helpful tips in our e-newsletter!  [ ] Yes  [ ] No
Transport your students to a space that’s equipped to renew attention and shed disruptive behavior within minutes.

Our **ACTION ROOM** provides a full range of movement to engage all students, especially those with attention and hyperactivity issues: Swings and rockers for rhythmic movement, trampolines and climbing walls for "heavy work" and ball pits, fidgets and sensory bins for massaging and tactile input.

Our **CHILLSPA ROOM** soothes the senses, decreasing aggression and anxiety: Interactive bubble tubes, imagery and fiber optic lights for visual input, pop-up tents and cozy tunnels for safe hideaways, and hammocks and seating for gentle rocking.

Our **BREAK BOX** and **BREAK BAG** are filled with tools that enable each student to regulate their energy and emotions. Each one is designed to help kids get back on track and re-focus, without leaving the classroom.

Simply put, take 10 minutes or more for a sensory-motor break, and then students can sit and focus for hours.

Join the Active Mind Revolution, and enjoy the support of our experienced team of professionals. We care deeply about the potential of each child, and we’ll move mountains to help your school succeed in your mission.

Please contact us today to learn more:
eschreiber@funandfunction.com and 800-231-6329 Ext. 714.

Aviva Weiss MS OTR/L
Founder and Mom
Fun and Function

p.s. You can also download this guide at FunandFunction.com and share with colleagues.