Take a Break!

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

BREAK BOX AND BREAK BAG SOLD SEPARATELY

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Aviva Weiss MS OTR/L
Ilana Danneman PT
with Britt Collins MS OTR/L
FALL 2017 EDITION

1.800.231.6329 | WWW.FUNANDFUNCTION.COM | PO Box 11, Merion Station, PA 19066
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, there is often 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?
Taking a few minutes for a sensory break is vital. Movement often helps with learning and concentration (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 with self-regulation and focus.

EXAMPLES
- Transformer Sensory Sack
- Rocketship Resistance Play Tunnel
- Crawl-and-Calm Resistance Tunnel (2 sizes)
- Heavy Herbert Weighted Animal Lap Pad
- Weighted Tie
- Find Me Lap Pads (3 sizes)
- Weighted Worm
- Space Explorers

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
Calming movement for children who are constantly touching, crashing, or mouthing. Supports children with limited body awareness who bump into things or slump.

EXAMPLES
- Transformer Sensory Sack
- Rocketship Resistance Play Tunnel
- Crawl-and-Calm Resistance Tunnel (2 sizes)
- Heavy Herbert Weighted Animal Lap Pad
- Weighted Tie
- Find Me Lap Pads (3 sizes)
- Weighted Worm
- Space Explorers
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 supports relaxation.
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**

- **PET MASSAGER**
- **PRESSURE FOAM ROLLER**

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

**EXAMPLES**

- **SQUISHY GEL CUSHIONS**
  - (2 STYLES)
- **WEDGE CUSHIONS**
  - (2 SIZES)
- **SPIKY TACTILE CUSHION**
- **WIGGLE CUSHION**
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 HEADPHONES**
- **HAMILTONBUHL NOISE OFF**

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**
- **BUSY FINGERS PENCIL FIDGET**
- **DISCOVERY DISC**
- **SPAGHETTI CHEWY FIDGET**
- **DISCOVERY PUTTY**
- **CHEWY PENCIL TOPPERS (3 STYLES)**
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  
 FIRE FIGHTER DRESSING VEST (3 STYLES)  
 SUPER HERO DRESSING CAPE  
 LET’S GO FINGER FISHING

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**Sensory Processing** is the way the brain receives, interprets and responds to messages from the senses. Sensory Processing is also referred to as Sensory Integration.

**Sensory Processing Disorder (SPD)** is a condition in which the brain has trouble receiving and responding appropriately to sensory information. Disruptive behavior, motor clumsiness, anxiety, depression, and challenges in performing everyday tasks may result if the disorder is not treated properly.

**Three key sensory systems impact a child’s development:**

- **Proprioceptive System** receives sensory stimulus from the muscles and joints, providing the ability to know where your body is in space.

- **Vestibular System**, with receptors in the inner ear, respond to movement and gravity, affecting eye movement, balance, posture, muscle tone and attention.

- **Tactile System** receives stimulus from the receptors in the skin, providing information about the environment and informing of the difference between harmful and beneficial touch.
Learn proven strategies with hands-on training by our renowned pediatric therapists. Each training session can be customized for your school, including relevant case studies and breakout sessions for educators, administrators and therapists. Within a few hours, you gain critical insight and a road map for integrating sensory-based solutions in the curriculum. Topics include:

- Recognition and understanding of students’ varied needs
- Sensory processing disorder (SPD) and six subtypes
- Differences between ASD, SPD, and ADHD
- Impact on behavior and concentration
- Proven strategies for inside/outside the classroom
- Incorporating movement in daily routines
- Empowering students with ability to self-regulate
- Building a powerful tool chest for sensory-motor activities
- Maximizing the impact of Sensory Rooms and Break Boxes
- Enabling administration and teachers to track results and progress
“The Fun and Function team has been tremendously helpful, not only in setting up the rooms but also in training and coaching the teachers.”

- Beverly Bernstein, OROT Educational Director

Contact us today to discuss your school’s needs. We can customize the training program for you, onsite or online. Call 1.800.231.6329 or email ActiveMind@FunandFunction.com

Note: Travel expenses are billed separately.
Planning and supervision of sensory room installations is offered separately.
### Behavior Tracking

**Your Name __________________ Start Date _______ End Date ________**

<table>
<thead>
<tr>
<th>NAME</th>
<th>TARGETED BEHAVIOR(S)</th>
<th>INSTANCE OF BEHAVIOR (@WHEN)</th>
<th>DIAGNOSIS</th>
<th>TARGET REDUCTION (%)</th>
<th>#MINUTES W/BREAK BOX</th>
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**TARGETED BEHAVIOR:**

1. Distracted/Staring into Space ______
2. Wiggling/Not Sitting Still ______
3. Talking out of Turn ______
4. Fidgeting with Everything ______
5. Falling Asleep ______
6. Slouching or Falling off Chair ______
7. Shooting Out ______
8. Hitting ______
9. Throwing Objects ______
10. Crying ______
11. Biting Nails or Objects ______
12. Chewing on Pencils or Clothing ______
13. Other _____________
14. Other _____________

LIST APPROXIMATE NUMBER OF BEHAVIORS ON EACH DAY

DOWNLOAD FREE TRACKING TOOLS AT FUNANDFUNCTION.COM
### BUILD-YOUR-OWN SENSORY BREAK!

**MIX AND MATCH THE TOOLS YOU NEED TO CALM DOWN, FOCUS, AND FEEL GOOD INSIDE.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>I FEEL</th>
<th>ACTIVITIES</th>
<th>MY GOAL</th>
<th>AFTER THE ACTIVITIES I FEEL...</th>
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**MY NAME:**

**DOWNLOAD FREE TRACKING TOOLS AT FUNANDFUNCTION.COM**
Break Box
Sensory Tool Kit

Get a Bundle of Award-Winning Solutions to Help Each Child Succeed!

Need to re-focus tired, hyper or restless kids? Our Break Box delivers hands-on tools for use in class or after school. Customize your own Break Box, or choose from ready-made Break Boxes or Break Bags. Early childhood to teen.

- Creates opportunity for brief break in the classroom.
- Provides sensory-based activities to renew focus and concentration.
- Encourages self-regulation to stay on task.
- Targets problem behavior with specific therapeutic solutions.
- Supports inclusive classrooms and special needs classrooms.
- Includes activity guide and 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

Many of our best solutions are now in one compact therapist kit"
-- Ilana Danneman, physical therapist and product developer

With the Break Box, you can help kids return to learning instead of sending them out for misbehavior."
-- Karen D., Special Ed Coordinator
# ORDER FORM

## EARLY CHILDHOOD BREAK BOX OR BAG

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## TRAINING AND CONSULTING

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## ITEMS CAN BE ORDERED INDIVIDUALLY TOO!

### Support sensory integration

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<td>Find Me Lap Pad - At the Zoo</td>
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<td>Find Me Lap Pad - Dino Land</td>
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<tr>
<td>Weighted Worm</td>
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<td>Weighted Tie</td>
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<tr>
<td>Busy Fingers Fidget Lap Pad</td>
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### Provide calming deep pressure

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<tr>
<td>Space Explorer - Small (red)</td>
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### Regulate mood

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<td>Emotions Putty - Calm</td>
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<td>Emotions Putty - Energize</td>
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### Fine Motor Control

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<td>Firefighter Dressing Vest</td>
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## Tactile Input

<table>
<thead>
<tr>
<th>Qty.</th>
<th>Cost</th>
<th>Subtotal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hand-Eye Coordination Scarves (12)</td>
<td>$17.99</td>
<td></td>
</tr>
<tr>
<td>Tactile Bean Bags (set of 5, 1/2 lb. each)</td>
<td>$19.99</td>
<td></td>
</tr>
<tr>
<td>Spiky Tactile Balls (set of 3)</td>
<td>$18.99</td>
<td></td>
</tr>
</tbody>
</table>

## Integrate learning and movement

<table>
<thead>
<tr>
<th>Qty.</th>
<th>Cost</th>
<th>Subtotal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discovery Putty - Animal Rescue</td>
<td>$14.99</td>
<td></td>
</tr>
<tr>
<td>Discovery Putty - Grab the Goodies</td>
<td>$14.99</td>
<td></td>
</tr>
<tr>
<td>Putty Elements 4 oz. - 4 Pack</td>
<td>$29.99</td>
<td></td>
</tr>
</tbody>
</table>

## Wake tired muscles

<table>
<thead>
<tr>
<th>Qty.</th>
<th>Cost</th>
<th>Subtotal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pet Massager Set</td>
<td>$17.99</td>
<td></td>
</tr>
<tr>
<td>Pressure Foam Roller</td>
<td>$24.99</td>
<td></td>
</tr>
<tr>
<td>Textured Foam Roller</td>
<td>$26.99</td>
<td></td>
</tr>
</tbody>
</table>

## Work out the wiggles

<table>
<thead>
<tr>
<th>Qty.</th>
<th>Cost</th>
<th>Subtotal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fishy Gel Cushion</td>
<td>$24.99</td>
<td></td>
</tr>
<tr>
<td>Bumpy Gel Cushion</td>
<td>$24.99</td>
<td></td>
</tr>
<tr>
<td>Sit-a-Round Cushion</td>
<td>$30.99</td>
<td></td>
</tr>
<tr>
<td>Spiky Tactile Cushion</td>
<td>$30.99</td>
<td></td>
</tr>
</tbody>
</table>

## Reduce distraction

<table>
<thead>
<tr>
<th>Qty.</th>
<th>Cost</th>
<th>Subtotal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Noise-reduction Headphones</td>
<td>$25.99</td>
<td></td>
</tr>
<tr>
<td>HamitonBuhl Noise Off</td>
<td>$20.99</td>
<td></td>
</tr>
</tbody>
</table>

## Fidget and release stress

<table>
<thead>
<tr>
<th>Qty.</th>
<th>Cost</th>
<th>Subtotal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spaghetti Chewy Fidget</td>
<td>$14.99</td>
<td></td>
</tr>
<tr>
<td>Busy Fingers Pencil Fidget</td>
<td>$17.99</td>
<td></td>
</tr>
<tr>
<td>Discovery Disc</td>
<td>$28.99</td>
<td></td>
</tr>
<tr>
<td>Gel Fidget Balls with Keychain (3 pack)</td>
<td>$25.99</td>
<td></td>
</tr>
</tbody>
</table>

## Other

<table>
<thead>
<tr>
<th>Qty.</th>
<th>Cost</th>
<th>Subtotal</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 Qt. Gasket Box</td>
<td>$10.99</td>
<td></td>
</tr>
<tr>
<td>Messenger Bag</td>
<td>$4.99</td>
<td></td>
</tr>
<tr>
<td>Sensory Survival Kit</td>
<td>$94.99</td>
<td></td>
</tr>
</tbody>
</table>

**Subtotal** $  
**Shipping 13% Minimum $8.95** $  
**NJ Sales Tax 7%** $  
**PA Sales Tax 6%** $  
**TOTAL** $  

Sign-up for special offers and helpful tips in our e-newsletter!  
☐ Yes  ☐ No

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.*
Self-regulation is vital to academic and personal success -- and we can help empower your students with tools for life.

Our experienced therapists provide Training and Consulting, giving you strategies and tools to support self-regulation, reduce disruptive behavior in class, and track student progress.

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, with the goal of 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 to help each student self-regulate and get back on track --without leaving the classroom.

We listen to you and work together to find strategies that will have a meaningful impact.

To learn more, please contact Dov Daniel at ddaniel@funandfunction.com or 1-800-231-6329 ext. 705.

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

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