

BUILD-YOUR-OWN SENSORY BREAK!



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

1



Feel the Weight

2



Toss and
Catch

3



Move

4



Wake
Muscles

5



Fidget

6



Tune out the Noise

7



Crawl

8



Have a
Ball

9



Change
your
Mood

10



Pretend
Play

11



Stretch

12



Play with Putty

MY NAME

I FEEL



ACTIVITIES

MY GOAL

☐ WAKE UP ☐ ORGANIZE ☐ FOCUS
☐ SIT STILL ☐ CALM DOWN ☐ LEARN

AFTER THE ACTIVITIES, I FEEL...



GOALS I ACHIEVED



BUILD-YOUR-OWN SENSORY BREAK!



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

DATE AND TIME

I FEEL

ACTIVITIES

MY GOAL

AFTER THE ACTIVITIES I FEEL...

GOALS I ACHIEVED

			<input type="checkbox"/> WAKE UP <input type="checkbox"/> ORGANIZE <input type="checkbox"/> FOCUS <input type="checkbox"/> SIT STILL <input type="checkbox"/> CALM DOWN <input type="checkbox"/> LEARN	WORSE 1 THE SAME 2 BETTER 3 	NONE 1 SOME 2 ALL 3
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NAME_____