

sensory-motor

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

BREAK BOX AND BREAK BAG SOLD SEPARATELY



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Ages 3 - Teens

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.

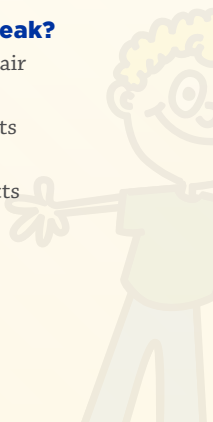
Who needs a sensory-motor break?

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.***

*Trost, S.G. Active Education: Physical Education, Physical Activity and Academic Performance: Research Brief. San Diego, CA: Active Living Research, Robert Wood Johnson Foundation, Summer, 2009.

**Mahar, M., Murphy, S., Rowe, D., et al. "Effects of a classroom-based program on physical activity and on-task behavior," *Medicine and Science in Sports and Exercise*, 2006, 38(12): 2086-2094.

***Pontifex, Matthew et al, Exercise Improves Behavioral, Neurocognitive and Scholastic Performance in Children with ADHD, University of Illinois at Urbana-Champaign, published in *Journal of Pediatrics* 2013.*



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

Notes

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

ROCKETSHIP RESISTANCE
PLAY TUNNEL



TRANSFORMER
SENSORY SACK



CRAWL-AND-CALM
RESISTANCE TUNNEL
(2 SIZES)



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

EXAMPLES

WEIGHTED
TIE



FIND ME
LAP PADS



HEAVY HERBERT
WEIGHTED ANIMAL
LAP PAD



WEIGHTED WORM



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	

REGGIE REGULATION RULER



YOGA DECK FOR KIDS ON THE BALL



EMOTIONS PUTTY (CALM OR ENERGIZE)

PUTTY ELEMENTS (4 LEVELS OF RESISTANCE)



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	

SPIKY TACTILE BALLS



HAND-EYE COORDINATION SCARVES



TACTILE WEIGHTED BEAN BAGS



SENSORY BIN



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



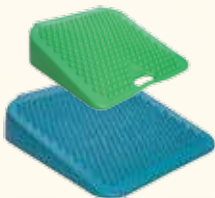
Work out the Wiggles - Strategies for Distracted Behavior

- 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** Enables 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)



WIGGLE
CUSHION

SPIKY TACTILE
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
EAR MUFFS



SENGARD 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

{ Break Box }

SENSORY TOOL KIT

GET A BUNDLE OF AWARD-WINNING
SOLUTIONS TO HELP EACH CHILD SUCCEED!

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.

Renews focus and concentration with sensory-based activities.

Enables students to self-regulate with minimal supervision.

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“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

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Merion Station, PA 19066
Call 800-231-6329
Fax 866-343-6863
FunandFunction.com

READY-MADE BREAK BOX OR BAG	Item #	Qty.	Cost	Subtotal
Classroom Break Box (12 tools)	CF5943		\$249.99	
Classroom Break Box - Starter Kit (5 tools)	CF6059		\$105.99	
After School Break Box (10 tools)	CF6060		\$239.99	
After School Break Box - Starter Kit (5 tools)	CF6061		\$105.99	
Early Childhood Break Box (10 tools)	CF6062		\$259.99	
Early Childhood Break Box - Starter Kit (5 tools)	CF6063		\$124.99	
Break Bag (5 tools in messenger bag)	CF6068		\$105.99	

ITEMS CAN BE ORDERED INDIVIDUALLY TOO!

	Qty.	Cost	Subtotal		Qty.	Cost	Subtotal
Support sensory integration				Tactile Input			
Mega Weighted Lap Pad		\$38.99		Hand-Eye Coordination Scarves (12)		\$19.99	
Find Me Lap Pad - At the Farm		\$34.99		Tactile Bean Bags (set of 5, 1/2 lb. each)		\$19.99	
Find Me Lap Pad - At the Zoo		\$37.99		Spiky Tactile Balls		\$9.49	
Find Me Lap Pad - Dinosaurs		\$39.99		Integrate learning and movement			
Weighted Worm		\$28.99		Discovery Putty - Animal Rescue		\$12.99	
Weighted Tie		\$29.99		Discovery Putty - Grab the Goodies		\$12.99	
Busy Fingers Fidget Lap Pad		\$34.99		Putty Elements - 4 Pack		\$28.99	
Provide calming deep pressure				Wake tired muscles			
Transformer Sensory Sack		\$29.99		Pet Massager Set		\$15.99	
Space Explorer - Small (red)		\$32.99		Pressure Foam Roller		\$22.99	
Space Explorer - Medium (green)		\$35.99		Work out the wiggles			
Space Explorer - Large (orange)		\$40.99		Fishy Gel Cushion		\$19.99	
Space Explorer - X-Large (blue)		\$45.99		Bumpy Gel Cushion		\$19.99	
Space Explorer - Small (animal print)		\$34.99		Sit-a-Round Cushion		\$28.99	
Space Explorer - Medium (animal print)		\$37.99		Spiky Tactile Cushion		\$26.99	
Space Explorer - Large (animal print)		\$42.99		Reduce distraction			
Crawl-and-Calm Resistance Tunnel - L		\$65.99		Noise-reduction Ear Muffs		\$24.99	
Crawl-and-Calm Resistance Tunnel - S		\$39.99		Sensgard		\$19.99	
Rocketship Resistance Play Tunnel		\$99.99		Fidget and release stress			
Regulate mood				Spaghetti Chewy Fidget		\$13.99	
Reggie Regulation Ruler		\$19.99		Busy Fingers Pencil Fidget		\$14.99	
Yoga Deck for Kids on the Ball		\$15.95		Discovery Disc		\$25.99	
Emotions Putty - Calm		\$7.99		Gel Fidget Balls with Keychain (3 pack)		\$24.99	
Emotions Putty - Energize		\$7.99		Other			
Fine Motor Control				20 Qt. Gasket Box		\$18.99	
Blast Off Zipper Trainer		\$24.99		Messenger Bag		\$4.00	
Let's Go Finger Fishing		\$25.99					
Firefighter Dressing Vest		\$29.99					

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Minimum \$8.95

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PA Sales Tax 6%

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JOIN THE Active-Mind Revolution

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.

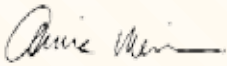
Our **CHILLSPA ROOM** soothes the senses, decreasing aggression and anxiety: Interactive bubble tubes, imagery and fiber optic lights for visual input, pop-up tents and cozy tunnels for safe hideaways, and hammocks and seating for gentle rocking.

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.

