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# take a break

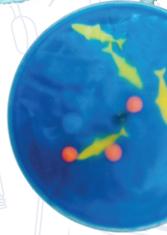
**SENSORY  
MOTOR**

## 10-MINUTE STRATEGIES

Re-focus tired, hyper or restless students  
without leaving the classroom!



BREAK BOXES AND  
BREAK BAGS SOLD  
SEPARATELY



**fun &  
function**  
EMPOWERING DIFFERENT

© Fun and Function  
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**Ilana Danneman PT**  
with **Britt Collins MS OTR/L**  
SUMMER 2021 EDITION

**Ages 3 - Teen**

**FACT: Sensory-motor breaks are helpful for 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 in 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 a 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 into 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.\*\*\*

To learn about the impact in classrooms, visit [FunandFunction.com/Behavioral-Interventions](http://FunandFunction.com/Behavioral-Interventions) and download the White Paper.

\*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

(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.

Crawl-and-Calm Resistance Tunnel (2 sizes)



Transformer Sensory Sack



Rocketship Resistance Play Tunnel



Space Explorers



## 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.



Noise Reduction Headphones



HamiltonBuhl Noise Off

## 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.



Sensory Bin kit



Hand-Eye Coordination Scarves



Tactile Weighted Bean Bags



Spiky Tactile Balls

## 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.



Tickles the Turtle 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.



Squishy Gel Cushions  
(2 styles)



Wedge Cushions  
(2 sizes)



Sit Around Cushion



Spiky Tactile Cushion

## 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.



Yoga Deck for Kids on the Ball

Putty Elements  
(4 levels of resistance)



Calm Down Jar



Emotions Putty  
(Calm or Energize)

## 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.



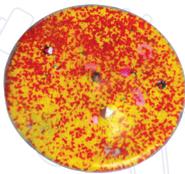
Bubble Pop  
Starfish Fidget



Discovery Putty



Fidget  
Keychain Balls



Discovery Disc



Chewy Pencil Toppers  
(5 Styles)

Spaghetti  
Chewy Fidget



## 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.



Blast Off Zipper Trainer



Policeman Dressing Vest (2 Styles)



Button Pizzazz

## 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.



Weighted Tie



Heavy Herbert Weighted Animal



Find Me Lap Pads (3 sizes)



Weighted Worm



## Training and Consulting

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 into 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

## Frequently-Used Terms

**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, responds 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.



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](mailto:ActiveMind@FunandFunction.com)

Note: Travel expenses are billed separately.

Planning and supervision of sensory room installations is offered separately.

# Teacher Tracking



Empowering Different. ®

## Behavior Tracking

Your Name \_\_\_\_\_ Start Date \_\_\_\_\_ End Date \_\_\_\_\_

NAME	TARGETED BEHAVIOR/S	INSTANCE OF BEHAVIOR (@WHEN)	DIAGNOSIS	TARGET REDUCTION (%)	#MINUTES W/BREAK BOX	LIST APPROXIMATE NUMBER OF BEHAVIORS ON EACH DAY												
						Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11		
Child a																		
Child b																		
Child c																		
Child d																		
Child e																		

**TARGETED BEHAVIOR:**

- |                                        |                                         |                                          |
|----------------------------------------|-----------------------------------------|------------------------------------------|
| 1. Distracted/Staring Into Space _____ | 6. Slouching or Falling Off Chair _____ | 11. Biting Nails or Objects _____        |
| 2. Wiggling/Not Sitting Still _____    | 7. Shouting Out _____                   | 12. Chewing on Pencils or Clothing _____ |
| 3. Talking Out of Turn _____           | 8. Hitting _____                        | 13. Other _____                          |
| 4. Fidgeting with Everything _____     | 9. Throwing Objects _____               | 14. Other _____                          |
| 5. Falling Asleep _____                | 10. Crying _____                        |                                          |

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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.



**Bill To:**

Please print clearly.

Name: \_\_\_\_\_

Company/School/Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

**Ship To:**

Please provide street and number. We cannot deliver to PO-Boxes.

Name: \_\_\_\_\_

Company/School/Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

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. In-service training for bulk purchases.



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



Fun and Function  
 PO Box 11  
 Merion Station, PA 19066  
 Call 800-231-6329  
 Fax 866-343-6863  
 FunandFunction.com

READY-MADE BREAK BOX OR BAG ITEM QUANTITY IS APPROXIMATE, AND MAY VARY	Item #	Qty.	Cost	Subtotal
Early Childhood Break Box (11 tools)	CF6062		\$319.99	
Classroom Break Box - Starter Kit (8 tools)	CF6059		\$199.99	
Classroom Break Box - Standard Kit (16 tools)	CF5943		\$349.99	
Classroom Break Box - Super Kit (20 tools)	CF6119		\$499.99	
Social Emotion (8 tools)	SP6087		\$229.99	
Break Bag (5 tools in messenger bag)	CF6068		\$144.99	
Therapist Kit	CF6231		\$259.99	

TRAINING AND CONSULTING	Item #	Qty.	Cost	Subtotal
Training And Consulting - Full Day	CF6146		\$10K	
Training And Consulting - Half Day	CF6147		\$7K	
Webinar	CF6148		\$700.00	
Online Interactive Training + Break Box	CF7033		\$374.99	

	Qty.	Cost	Subtotal
<b>Support sensory integration</b>			
Mega Weighted Lap Pad		\$42.99	
Find Me Lap Pad - At the Farm		\$36.99	
Find Me Lap Pad - At the Zoo		\$40.99	
Find Me Lap Pad - Dino Land		\$41.99	
Weighted Worm		\$33.99	
Cool Weighted Tie		\$32.99	
Busy Fingers Fidget Lap Pad		\$42.99	
<b>Provide calming deep pressure</b>			
Transformer Sensory Sack - Small		\$31.99	
Transformer Sensory Sack - Large		\$52.99	
Space Explorer - Small (red)		\$34.99	
Space Explorer - Medium (green)		\$36.99	
Space Explorer - Large (orange)		\$41.99	
Space Explorer - X-Large (blue)		\$42.99	
Space Explorer - Small (leopard print)		\$33.99	
Space Explorer - Medium (cheetah print)		\$36.99	
Space Explorer - Large (zebra print)		\$41.99	
Crawl-and-Calm Resistance Tunnel - S		\$37.99	
Crawl-and-Calm Resistance Tunnel - L		\$63.99	
Rocketship Resistance Play Tunnel		\$102.99	
<b>Regulate mood</b>			
Reggie Regulation Ruler		\$20.99	
Yoga Deck for Kids on the Ball		\$16.99	
Emotions Putty - Calm		\$9.99	
Emotions Putty - Energize		\$9.99	
<b>Fine Motor Control</b>			
Blast Off Zipper Trainer		\$25.99	
Let's Go Finger Fishing		\$29.99	
Policeman Dressing Vest		\$29.99	

	Qty.	Cost	Subtotal
<b>Tactile input</b>			
Hand-Eye Coordination Scarves (12)		\$18.99	
Tactile Bean Bags (set of 5, ½ lb. each)		\$20.99	
Spiky Tactile Balls (set of 3)		\$18.99	
<b>Integrate learning and movement</b>			
Discovery Putty - Animal Rescue		\$15.99	
Discovery Putty - Grab the Goodies		\$15.99	
Putty Elements 4 oz. - 4 Pack		\$31.99	
<b>Wake tired muscles</b>			
Pet Massager - Tickles the Turtle		\$9.99	
Pressure Foam Roller		\$27.99	
Textured Foam Roller		\$28.99	
<b>Work out the wiggles</b>			
Fishy Gel Cushion		\$25.99	
Bumpy Gel Cushion		\$25.99	
Sit-a-Round Cushion		\$29.99	
Spiky Tactile Cushion		\$30.99	
Wiggle Cushion		\$31.99	
<b>Reduce distraction</b>			
Noise Reduction Headphones		\$27.99	
HamiltonBuhl Noise Off		\$23.99	
<b>Fidget and release stress</b>			
Spaghetti Chewy Fidget		\$15.99	
Busy Fingers Weighted Pencil Fidget-2 Pack		\$17.99	
Discovery Disc		\$30.99	
Fidget Key Chain Balls-3 Pack		\$28.99	
<b>Other</b>			
20 Qt. Gasket Box		\$10.99	
Messenger Bag		\$4.99	
Sensory Survival Kit		\$98.99	

Sign-up for special offers and helpful tips in our e-newsletter!

Yes  No

Subtotal \$  
 Shipping 13%  
 Minimum \$8.95 \$

NJ Sales Tax 7% \$

PA Sales Tax 6% \$

TOTAL \$

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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.

# JOIN THE ActiveMind™ Revolution

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 BOXES** and **BREAK BAGS** 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.

Contact us today for interventions that support your school's goals:  
[activemind@funandfunction.com](mailto:activemind@funandfunction.com) or 1.800.231.6329.



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

To download this guide and free resources for you and your colleagues, visit [FunandFunction.com](http://FunandFunction.com)

