

# TCES Occupational Therapy Department



## Sensory Activities & Movement Breaks

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### What is a Sensory Break?

A sensory break can be defined as break we take from seated or sedentary work. It is the time we take to get the sensory input we need in our bodies to stay alert, focused and on task.

### Why is a Sensory Break Important?

Sensory breaks are a way for any young person, whether they have sensory needs or not, to reset, decompress, and get the blood flowing back into their brains. Giving young people breaks throughout their day lets their brains take a rest and reset, but is also still an opportunity to learn vital life skills.

### How can I engage my young person in a Sensory Break?

Ideally young people would be engaging in sensory breaks every 45-minute to an hour for 10-15 minutes at a time. Sensory breaks can be taken both inside and outside, and can be tailored to what items you have in your home. Strategies to use when engaging your child in a break could include you joining in on the activity, scheduling these breaks into your young person's routine and timetable.

Let your young person make their own choices about the types of sensory breaks they are engaging in. They may not even realize that what they are doing is a sensory break, for example taking a break in the garden can often involve heavy lifting work, or running around. Both of these activities can be considered as sensory breaks.