Sensory Break Ideas and Resources

- A 3 minute yoga routine: [http://www.youtube.com/watch?v=GtbP_WfAJVc](http://www.youtube.com/watch?v=GtbP_WfAJVc)

- Sa-Ta-Na-Ma meditation; start with just 30 seconds and work up. 3 minutes may be as far as some people get, and that’s fine: [https://www.youtube.com/watch?v=jfKEAIwrgYe](https://www.youtube.com/watch?v=jfKEAIwrgYe). A visual support is here: [http://autismhousingpathways.org/wp-content/uploads/2017/09/Sa-Ta-Na-Ma-visual-support.pdf](http://autismhousingpathways.org/wp-content/uploads/2017/09/Sa-Ta-Na-Ma-visual-support.pdf)

- Using a treadmill or going for a walk. Weather an issue? Consider a Leslie Sansone 5 minute mini-walk: [http://www.youtube.com/watch?v=vAXKlcC-zC0](http://www.youtube.com/watch?v=vAXKlcC-zC0)

- Create a sensory space with: a bean bag chair, a weighted blanket, headphones, a hanging swing, a music system with calming music, a display with calming videos, a squeeze ball, a light-up spin toy.
  - Put music on shuffle; some music ideas are: Enya, Jean-Michele Jarre (“Equinox”, “Oxygene”), Vangelis, Jacques Loussier (“plays Bach”). What the individual finds relaxing will depend on them.
  - Some video ideas are:
    - [http://www.youtube.com/watch?v=6B9h20sBYEM](http://www.youtube.com/watch?v=6B9h20sBYEM)
    - [http://www.youtube.com/watch?v=ID3A4GvWJd4](http://www.youtube.com/watch?v=ID3A4GvWJd4)
    - [http://www.youtube.com/watch?v=VZlC8wxQ3JU](http://www.youtube.com/watch?v=VZlC8wxQ3JU)

- Heavy work: lift weights, shovel snow.

- Rake leaves, mow the lawn with a push mower, do push-ups against the wall.

- Swimming

- Wii dance games

- Bounce on a therapy ball.

- Consider investing in (or asking a supporter of your organization to donate) MeMoves: [http://thinkingmoves.com/](http://thinkingmoves.com/)

- Have ideas for out in the community: sunglasses, headphones or an iPod with calming music, wearing compression clothes when going out.

Let the person pick their sensory activity.

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