

Sensory Break Ideas and Resources¹

- A 3 minute yoga routine: 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=jfKEAiwrgY> . A visual support is here: <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-zCO>
- 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-Michelle 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=ID3A4GvWJd4>
- 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) CalmConnect (formerly MeMoves): <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.

¹ Some ideas borrowed from: Sensory Diet Activities, http://www.sensorysmarts.com/sensory_diet_activities.html, accessed September 19, 2017.