

One Minute Sensory Breaks

- With your head on a baseball bat SPIN around as many times as you can without falling over.
- Get some proprioceptive input with some super fun ANIMAL walks.
- Holding onto both arms, SWING your child between your legs.
- Make some super SOUR but yummy lemonade.
- Use cardboard boxes to PUSH a friend around the living room.

- Make a yummy and delicious SWEET smoothie with fruit and yogurt.
- Put a pillow in the middle of the room and JUMP as far as you can.
- Go on a nature hunt and LOOK for new blooms and buds.
- Play a LOUD game of Musical Instrument Musical Chairs.
- Play a game of Red Light, Green Light and add in Yellow Light to practice SLOW motion movements.

- Make a batch of MESSY rainbow oobleck.
- Have a dance party with ROCK & ROLL music.
- Make a flower collage on the window with STICKY contact paper.
- Give your stuffed animals a huge BEAR HUG.
- Gather those stuffed animals in a duvet cover for a DIY CRASH pad.

- Time yourself. How FAST can you transfer all the rocks to the garden bed?
- Make ROUGH sandpaper letters and numbers.
- Grab a book and take a QUIET break in your calm down retreat.
- Use SOFT yarn to finger knit a necklace.
- Get UP CLOSE on something you find in your backyard and draw what you see.

- Gather some SCRATCHY bark from the trees and do crayon rubbings.
- Try a new food you are NOT-SO-SURE about.
- Make a CRUNCHY batch of homemade granola.
- Get your hands SLIMY with an awesome batch of Galaxy Slime.
- Dance with some SMOOTH scarves.

- Climb UP HIGH in a tree or your play set.
- CLIMB a rock wall as fast as you can.
- Play a SMELLY guessing game with cotton balls and scents.
- Turn UPSIDE DOWN on your couch and roll balls across the room to your friends.

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Challenge your friends to a potato sack race to practice JUMPING.

SLURP oatmeal through a straw for breakfast.

Play a game of I-spy to FIND your favorite color.

Make a DIY Teeter Totter to ROCK back and forth.

Design your own challenge to PLAY like a kid.