

Remember sensory processing is complex.
Its different for every child (& adult)
because everyone is unique!

And more importantly there is
never a 'wrong' way to be!!

Specific Advice:

Name:

**If you have any queries please
contact your therapist.**

Our details:

Therapist name:

Children's Therapy
Oaks Building
Kendray Hospital
Doncaster Road
Barnsley
S70 3RD

Telephone: 01226 644396

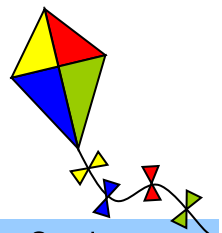
**These activities should be carried out
in a safe environment and supervised
by a responsible adult.**



Movement Opportunities



for schools



What are they?

- Regular opportunities for a student to get up and move in between periods of learning

Why?

- Movement opportunities help to Re-energise the sensory system
- Research has shown that this can benefit **all** students
- If incorporated into the day they can help maintain an optimum arousal level and help children to engage in learning
- They can also have a positive impact on students behaviour & mood

When?

- A trial & error approach will be required to establish what works best for each student
- It should be timetabled into lessons especially before & following focussed tasks
- Younger children generally need movement more frequently
- A visual timetable may help when planning movement breaks

How?

Classroom based activities for Primary

- Handing out equipment within the class (pencils, ruler, books etc)
- Bringing work up to the class teacher
- Complete 'wake up, shake up' activities – star jumps, jog, hop, jump, march on the spot
- Take a note to another class
- Help move tables, chairs or put chairs on the table/ push chairs under desks to tidy up
- Have a trampette at the back of the classroom to jump on (others could also use this)
- Complete work in different positions - standing up, kneeling (against a vertical surface) or lying down (working on the floor)
- Use a wobble cushion on own chair or sit on a gym ball

Classroom based activities for Secondary

- Complete movement 'challenges' throughout the day at regular intervals eg. star jumps/squats etc
- Handing out & collecting in resources/ equipment/books/worksheets etc
- Change seating plan during lesson
- Take notes to other classrooms
- Provision of an exit pass to permit the student to leave the classroom

Outside the classroom

- Go for a walk around school
- Complete an obstacle course (over, under, around, through)
- Trampette/trampoline
- Swings, climbing frame
- Running/ gym/ sports hall
- Sit and bounce on a gym ball/ space hopper
- Lie on tummy over a gym ball and roll forwards and backwards
- Skipping
- Dancing
- Ride a bike/ scooter
- Swimming
- Gardening
- Yoga/ dance

Equipment to support movement breaks

- Gym ball
- Trampette/ trampoline
- Bikes/ scooters
- Playground equipment eg. swings/ slides
- Gym equipment eg. exercise bike, rowing machine, stepper
- Use of a wobble cushion can also be tried to provide movement feedback during lesson time - speak to an Occupational Therapist if you would like to try this