

Movement Break



Bounce on ball



Do 5 Star jumps



Stand up and stretch



Have a drink





choose



Movement Break



Have a drink



Read a book



Quiet Area



Do 5 Star Jumps



Stand
up
and
Stretch



Bounce on ball



Blow Bubbles



Theraputty



Headphones



Bean Bag Chair



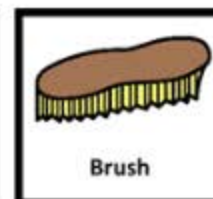
Puzzle



Fidget toy



Head down on desk



Brush

Sensory Break Choice Board and Symbols *Example 2*



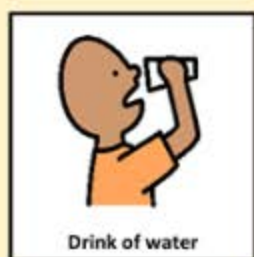
CENTRE FOR AUTISM
MIDDLETOWN



© Designed and Produced by Middletown Centre for Autism



choose



Drink of water



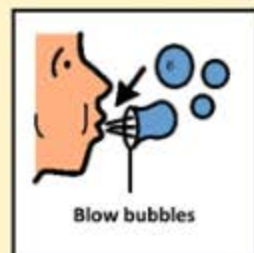
Lie down



Stand up and Stretch



Listen to music



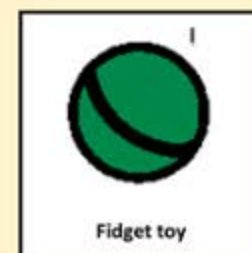
Blow bubbles



breathe



Count to 3



Fidget toy

Sensory Break Choice Board and Symbols *Example 1*



CENTRE FOR AUTISM
MIDDLETOWN