



**The Arc**<sup>TM</sup>  
Palm Beach County

## Simple Sensory Brain Break Ideas

- Jumping Jacks
- Jumping on a mini trampoline or large outdoor trampoline
- Crawling through tunnels or under objects
- Wall or chair pushes
- Animal Crawls (can you crawl like a bear? crab? frogs? seals?)
- Ball Pass (Stand back to back and pass a ball by turning to the side in one direction, then reverse)
- Ball Pits (make your own by filling up a small swimming pool with balls)
- Reading in a bean bag chair
- Biking
- Climbing trees or on a jungle gym
- Use fidget toys (such as Play-Doh and slime)
- Play with a parachute or a large sheet
- Popcorn jumps (jumping from a squat position and then landing back in a squat position)
- Wheelbarrow walking
- Obstacle course (sidewalk chalk)
- Passing weighted balls back and forth
- Resistance bands
- Bouncing on a therapy or exercise ball
- Listening to upbeat OR calming music
- Swinging
- Going outside for a walk or a scavenger hunt
- Jumping jacks
- Skipping
- Running
- Bean bag or stress ball squeezes
- Chewing gum
- Using a weighted blanket or vest
- Yoga moves
- Swimming
- Headphones to block out unnecessary noise
- Roller blade, skate or scooter

**The Arc of Palm Beach County  
Community Inclusion Program**

