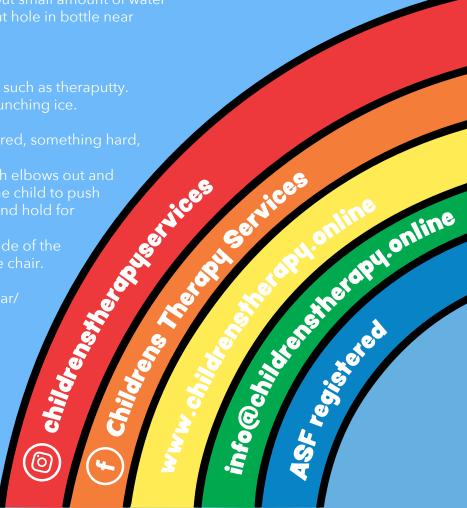
## Heavy Work & Brain Break Ideas-Classroom

- Stand up and sit down- repeat
- Follow the leader train around the classroom
- Carry heavy object i.e., tote of books to the office/another classroom
- Have different weighted backpacks, children go do a job whilst wearing back pack
- Wall push ups
- Push ups
- Star Jumps
- Windmills- touch opposite toes with hands
- Cross Crawl
- Log roll (arms by side or either side of head)
- Hopping and jumping games.
- Heads/Tails (Hands on Head, Hands on bottom)
- Dance
- Simon Says
- Freeze Dance/Musical Statues
- Child to sharpened pencils i.e manual winding sharpener
- Chair Stacking
- Wipe the whiteboards clean
- Animal Walks
- Yoga poses
- March on the snot
- Cold drink through a straw or suck bottle i.e. sports bottle
- Bubble blowing- use a 5lt water bottle, put small amount of water and washing liquid in- tape lid closed, cut hole in bottle near neck and put tube in.
- Chewing gum
- Thumb to finger pressing
- Tactile fidget toys that involve resistance such as theraputty
- Crunch and chewy snacks, chew toys, crunching ice.
- Class to repeat your clapping pattern
- Find me something game..... something red, something hard, something small etc.
- Hand pushes place palms together, with elbows out and forearms held horizontally. Encourage the child to push the hands together as hard as possible and hold for 5 seconds. Repeat a few times.
- Chair push ups place hands on either side of the chair and PUSH, until bottom rises off the chair. Hold for 3 - 5 counts.
- Vibration tool on Vagus Nerve i.e. near ear.
- Play doh
- Blink snap- snap fingers on left whilst blinking with
  - the right eve and change over
- Wool winding around fingers
- Breathing exercises
- Butterfly tapping/hugs
- Weighted lap blanke





## Heavy Work & **Brain Break Ideas-**Classroom

- Blowing bubbles

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