

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 spot
- 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/ neck
- Play doh
- Blink snap- snap fingers on left whilst blinking with the right eye and change over
- Wool winding around fingers
- Breathing exercises
- Butterfly tapping/hugs
- Weighted lap blanket



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Heavy Work & Brain Break Ideas- Classroom



- Water play
- Wipe tables i.e.. spray bottle with cloth
- Push the lunchbox trolley
- Blowing bubbles
- Outdoor play i.e.. climbing
- Sensory Circuits
- Brushing the playground with sweeping brush
- Plastic crates with books and take to classrooms/office (even pushing them)
- Move packs of printing paper
- Commando Crawling
- Crawling i.e.. like a dog
- Crawling through Lycra Tunnel
- Bouncing a Yoga Ball - to another person
- Bouncing a ball on the side of a wall
- Rocking i.e. chair, on someones knee, in a rocker
- Scooter board on tummy down corridor
- Hula Hoop
- Hop Scotch
- Trampoline i.e. mini trampoline
- Reading in a bean bag
- Walk outside
- Weeding, digging in the playground
- Theraband on a chair
- Stress balls for squeezing
- Skipping
- Deep pressure massages
- Bike around playground
- Clapping games
- Sandplay
- Bouncing the ball
- Basket ball
- Scrunch paper with one hand
- Music
- Copy a Rhythmic chant i.e. Ch Cha, Ch Cha, Cha Cha
- Rock, paper, scissors
- Stretches
- Doodle, draw
- Silent ball- for 2 minutes. All you need is a small squishy ball. The rules are simple: 1) stay quiet and 2) don't drop the ball when passing it around
- Make it rain- Conjure up a rainstorm! Sitting at a desk or table, have kids tap one finger on the desk, then two, then three, then four, then their whole hand until you all feel like you're in the middle of a storm. Work your way backward from five down to one as the storm ebbs away.
- Windmill breathing, blow a windmill wheel
- Sucking/blowing games i.e. look on Children's Therapy Services youtube for ideas.



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