

# Time for a sensory break!



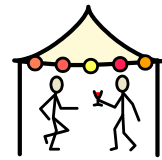
run on the spot



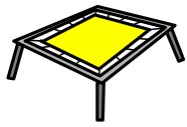
head, shoulders,  
knees and toes  
song



march



dance



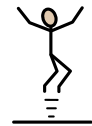
trampoline



tiptoe walk



crawl like a  
bear



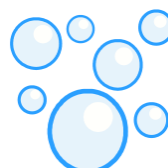
jump on  
the spot



squeeze a  
pillow



roll over a  
blanket



bubbles



squeeze  
play dough