



PORTABLE SENSORY BREAK STATION

Purpose: To provide regulation, focus and engagement through the following

- 1.) Additional movement.
- 2.) Deep pressure input.
- 3.) Deescalate from sensory stimulation.

Equipment suggestions:

Cart, Cushions, Curtain/material, Bucket, Fidget toys, Timer,

Cards/sign, Sensory tools, Flashlight

Location:

- a.) In the classroom
- b.) In the hallway
- c.) In the designated area

Administered:

- a.) By the student independently.
- b.) With the assistance of an adult.

Duration: (10-15 mins.)

- a.) When the adult identifies the need.
- b.) When the student requests.
- c.) On a schedule.

EXAMPLES:

