

Physical & Quiet Activities

	Physically Active Breaks	Quiet and/or Low Energy Breaks
Rationale/ Purpose	 Releases pent-up energy Reduces stress Increases attentiveness Improves staying on task Restores energy and motivation Can be a segue way for emotional expression without repercussion 	 Allows for rest which calms the central nervous system Provides sensory stimulation to fit the child's needs Supports processing and retaining information Improves emotional well-being Increases cognitive functioning
For whom/ When to use	 For whom: children that need to get energy out, that are hyposensitive (who need to be stimulated or who are stimulation seeking), and/or that lose interest quickly. Using a physically active break when needing to shift the mood and stimulate the group. 	 For whom: children with high sensitivity and/or are anxious, who require more time to switch gears or transition to another activity. For those who don't respond well to high energy physical activities. If the energy is becoming too high, using a quiet and/or low energy activity can bring down the mood and energy to a more functional level.
Benefits for the teacher and the whole group	 At Tier 1: EVERYONE participates and has the opportunity to enjoy the activity, to be physically and emotionally available for the next event in the group. At Tiers 2-3: The learning environment is preserved during teaching periods and there are less distractions from children who are fidgeting. When children are stepping out of the classroom for this activity, the teacher can continue leading the group and the children can seamlessly step back in and reintegrate without disturbing others. 	 At Tier 1: Calming the overall energy in the group. Providing the teacher with an opportunity to adapt or adjust the schedule according to the needs of the group. At Tiers 2-3: For the child for whom the whole group environment becomes overwhelming, intentionally providing breaks outside of the group and giving them access to sensory stimulation that meets their needs. This will often prevent the child from becoming dysregulated and potentially going into crisis. The child could then seamlessly step back into class and reintegrate the group without disturbing others.

NOTES/ CONSIDERATIONS:

- It is important to observe and recognize when children need a break (showing signs of anxiety or stress, tired, asking for a break, unable to remain in their space, unavailable to learn or participate in the group activity).
- Avoid using these activities as a reward or as a punishment. Breaks should be given as part of a regular schedule regardless of behavior. Children should not be excluded as a form of consequence, nor should they earn breaks through a reward system.
- Tiers 2-3 physical activities are done with a small group of selected children or individually depending
 on the needs and capacity of the children with the guidance and supervision of a significant adult.
 These activities are done in addition to the ones provided at Tier 1 for the whole class group.
- The use of a <u>Personal Tool Board</u> can provide children with a sense of control over the activities they can choose during the breaks from the class group.
- Having a range of activities in various locations (indoors and outdoors) is key to keeping it fun and engaging overtime.



Tier 1 Physical & Quiet Activities

** It is important to observe and recognize when children need a break (showing signs of anxiety or stress, tired, asking for a break, unable to remain in their space, unavailable to learn or participate in the group activity). Switching things up with an active movement activity can shift the mood and stimulate the group. If the energy is becoming too high, using a quiet energy activity can bring down the mood and energy to a more functional level.

ACTIVE

QUIET/LOW ENEGY

Go Noodle, Let's Dance

Fitness Bingo

10 sided-dice

Simon Says game

Desk drumming with pool noodles

Boks Fitness program

Musical Chairs

Cup stacking – construction and destruction

Coloring mandalas

Lacing pages

Collage making

Search N' Find books

Play Doh

Pattern making with beads, bracelet making

Magnets (letters, shapes, numbers)

Puzzles

Architek

Dot-to-dot activities, mazes

Yoga poses, stretching

For the class group as a whole

Hula hoops

Simon Says game

Pool noodle workout

Hide and seek

Relay Races

Creating circuits with gym equipment

Class treasure hunt

Outdoor chalk

Creating Nature Mandalas

Blowing bubbles

Spray painting on a large banner paper

Painting a large banner paper



Tier 2 and 3 Physical & Quiet Activities

These activities are done **in addition** to the ones provided at Tier 1 for the whole class group.

** It is important to observe and recognize when children need a break from the class group (showing signs of anxiety or stress, tired, asking for a break, unable to remain In their space, unavailable to learn or participate within the group).

These activities are done with a **small group of selected children or individually** depending on the needs and capacity of the children with the guidance and supervision of a significant adult. The use of a **Personal Tool Board** can provide children with a sense of control over the activities they can choose during the breaks from the class group.

ACTIVE

QUIET/LOW ENEGY

Hallway Exercise Pathways with decals

Movement stations with posters to guide various exercises

'You've Got Mail' – physical movement with a significant adult (<u>sample template</u>)

'You've Got Mail' – quiet activity with a significant adult (sample template)

<u>Personal Bin</u> – organize a personal selection of Quiet Activities

Coloring mandalas

Finger tracing cards

Search'N Find placemats (laminated, used with a dry-erase marker)

Play Doh

Building Games (K'Nex, Lego, Straw and Connectors)

Magnets (letters, shapes, numbers)

Puzzles, Architek, dot-to-dot activities, mazes

These activities may be done in proximity to the class group or in an alternate location. Children may also be pulled out of the group to provide a break from the stimulation of the whole group.

Exercise Ball with handles

Soccer – target kicking in net

Basketball with age-appropriate basketball net

Red Light, Green Light game

Pool noodle workout

Creating circuits with gym equipment

Garden yardwork (seasonal)

Snow fort/snowman making (seasonal)

Outdoor chalk

Creating Nature Mandalas

Blowing bubbles

Spray painting on a large banner paper

Painting a large banner paper

Drawing with a clip board – personal choice, or send on a mission to sketch/draw something they see

Activity sheet with – What do you notice? Hear? Smell? How does your body feel?