

Practical Sensory Breaks at the Desk

- ~Grasp hands together and give self gentle pressure to top of head
- ~Hug yourself tightly
- ~Shrug shoulders
- ~Shoulder rolls (backwards & forwards)
- ~Chair pushups-hands on side and/or hands behind
- ~Squeeze fists tightly and then release
- ~Sit pretzel style in seat
- ~Press palms of hands together
- ~C-finger interlock-pull
- ~Finger pulls
- ~Relaxed breathing: breathe in the flowers and blow out the candles
5 repetitions
When blowing out candles, use fingers of hand as
The pretend candles for blowing out