

 15 mins

THREE STEPS TO A SENSORY BREAK

01.



Alerting the vestibular system

The vestibular system helps to control our body's balance, posture, alertness and spatial orientation.

START MOVING

 3 mins

02.



Proprioceptive-Heavy work

Our proprioceptive system lets our brain know where our body is in space. This sensory input comes from our muscles, joints, and tendons.

ENGAGE THE MUSCLES

 3 mins

03.



Relaxing the nervous system

Our last step is to employ calming and relaxing activities to help bring balance our nervous system.

Time to relax

 5 mins