



Sensory Processing – Movement Breaks

At Holway Park Community Primary School, we understand that many of our pupils may have sensory processing difficulties and staff work hard to support them with this. We know that many pupils benefit from adaptations made to their day to allow them to be successful in their learning and we implement this where needed in line with Somerset's Graduated Response.

We are lucky to have a school sensory room, where some pupils may go to work on a sensory diet – a specific set of activities designed to help them to regulate and be ready to return to class. However, this space is not suitable for all pupils, and many will be supported with movement breaks within the classroom or elsewhere around the school. Below is a non-exhaustive list of examples of how pupils may gain the opportunity to move when in school.

- Time with an adult in the sensory room, working on their sensory diet
- Moving seats in the classroom to sit in a quieter/more alerting space
- Wobble cushion to sit on
- Wobble cushion to rest feet on
- Wedge cushion to sit on
- Sitting on an exercise ball
- Resistance band around the legs of their chair
- Theraputty to keep their hands moving
- Fiddle toy to keep their hands moving
- Chewy or chewelry to bite/chew on
- Whole class wake and shake/Supermovers or similar activities
- Handing out classroom resources
- Having a walk around the school
- Taking a note or resource to another adult
- Using the trim trails outside
- Using a weighted blanket whilst sat on the carpet or to use whilst sitting on a chair