

Brain Break



What are the activities?

- Physical activities like stretching, walking, or light exercise.
- Engaging in a hobby or a fun activity, such as drawing, listening to music, or playing a short game.
- Mindfulness or relaxation exercises like deep breathing, meditation, or visualization.

What are they?

Brain breaks are short breaks between focused activity. They can last from a few minutes to around 20 minutes and involve engaging in different activities that are less mentally demanding.

Did you know?

Brain breaks are essential for maintaining mental energy and cognitive function. They help to improve productivity by providing necessary intervals of rest from continuous mental tasks.

What are the benefits?

- Improved Focus: After a break, people often find it easier to concentrate and work efficiently.
- Enhanced Creativity: Taking a break can give the brain a chance to process information subconsciously, often leading to new ideas and solutions.
- Reduced Stress: Regular breaks help to manage stress levels by providing a mental rest period.
- Better Memory: Short breaks can improve memory retention by allowing the brain to consolidate information.

What is the purpose?

Recharge Energy:

Just like physical activities tire our muscles, intense mental work can tire our brain. Brain breaks help to recharge our mental energy, allowing us to return to our tasks feeling refreshed and more focused.

Mental Relaxation:

Continuous mental effort can lead to mental fatigue. Brain breaks provide a chance to relax, reducing stress and preventing burnout.



Movement Break



What are the activities?

- Stretching: Simple stretches targeting major muscle groups.
- Walking: A short walk around the office or outside.
- Desk Exercises: Chair squats, desk push-ups, or seated leg lifts.

What are they?

Movement breaks are short periods of physical activity taken during work and study sessions. They only need to last for 1 to 5 minutes.

Did you know?

Movement breaks are a simple yet effective way to boost energy, improve mental clarity, enhance concentration, reduce stress, and promote overall physical health.

What are the benefits?

- Improve Concentration: The physical activity provides a change in stimulation, which can help refresh your mind and improve attention.
- Reduce Stress: Movement releases endorphins, which act as natural painkillers and mood elevators. This can lead to a better overall mood and lower stress levels.
- Physical Health: Movement helps counteract the negative effects of prolonged sitting. Regular stretching and movement encourage better body alignment and posture.

What is the purpose?

The purpose of a movement break is to interrupt prolonged periods of inactivity with short bursts of physical activity. This offers a range of benefits aimed at enhancing overall health and well-being.

They promote a positive environment; regular breaks can lead to a more dynamic and positive work and learning environment.

Movement recharges our energy as it increases blood circulation, which delivers more oxygen and nutrients to your muscles and brain, helping you feel more energized.



Sensory Break



What are the activities?

- Fidget toys: Theraputty, poppers, Lego, heavy finger toys.
- Physical activities: Sensory motor circuits, Sensory diets, Organising activities.
- Deep breathing: Rainbow, Square and Hand breathing or Yoga poses.
- Sensory play: Sand, water, shaving foam, sensory bins.

What are they?

A sensory break is a purposeful and scheduled interruption in an individual's daily routine designed to help manage sensory processing needs.

Did you know?

Sensory breaks can be beneficial for individuals, particularly those with sensory processing difficulties, autism, ADHD, or other neurodevelopmental conditions.

What are the benefits?

- Regulation: Sensory breaks help individuals regulate their sensory systems, which can become overwhelmed by continuous or intense sensory input. They help prevent sensory overload.
- Positive Behaviour Support: They can address underlying sensory needs and help reduce meltdowns and challenging behaviours by meeting these needs.
- Improved Engagement: By meeting sensory needs, individuals are better able to engage in and enjoy activities throughout their day, leading to improved overall well-being and participation.

What is the purpose?

The purpose of a sensory break is to calm and regulate children's nervous systems.

Sensory breaks can provide calming or alerting input depending on the individual's need. Calming activities might include deep pressure or slow, rhythmic movements, while alerting activities might involve quick, brisk movements or stimulating sensory input.

Taking a break to engage in sensory activities can help improve focus and attention when returning to tasks. These breaks can prevent fatigue and maintain productivity, especially in settings like school.

