



SEN SUPPORT
STUDIO

STRONG ROOTS,
SPACE TO FLOURISH

FOR PARENTS & CARERS

Movement Breaks at Home

Short bursts of movement throughout the day help children reset, regulate and feel ready for whatever comes next, at home just as much as at school. Movement breaks support emotional regulation, reduce restlessness and promote positive behaviour — particularly for children with SEND, including ADHD, autism and sensory processing differences.

Alerting

- Star jumps, clapping games, running around the garden, or a game of "duck, duck, goose".

Organising

- Balancing on one foot, walking along a line, e.g. a skipping rope laid on the floor.
- Lining up toys or shoes in different orders, e.g. by size or colour.

Calming

- Deep breathing, stretching, listening to calming music, or a guided meditation before bed.

Stretch Breaks

- Full-body or seated stretches during homework or screen time.

Active Games

- Quick games in the garden or living room, dancing to music, or a game of freeze dance.

Helpful Movement Tasks

- Involve your child in jobs that build in movement, e.g. carrying washing, watering plants, tidying toys, or setting the table.

Enjoy building movement breaks into your routine — a few minutes here and there can make a big difference.

