



SEN SUPPORT STUDIO

STRONG ROOTS,
SPACE TO FLOURISH

FOR SCHOOLS • KS2

Movement Breaks

Short, structured movement opportunities help pupils improve focus, attention and readiness for learning, by allowing them to reset both physically and mentally after sustained periods of concentration. Movement breaks support emotional regulation, reduce restlessness, and promote positive behaviour — particularly for pupils with SEND, including ADHD, autism and sensory processing differences — while benefiting the whole class by creating an inclusive, regulation-friendly environment.

Alerting

- Star jumps, clapping games, running on the spot.

Organising

- Balancing on one foot, walking on a taped line.
- Lining up in various orders, e.g. height, birthday month, etc.

Calming

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

Stretch Breaks

- Full-body or seated stretches to release tension.

Active Games

- Quick games like "duck, duck, goose", or running/skipping around the playground.

Classroom Chores (built-in movement)

- Equipment Monitor: allocate pupils to organise colouring pencils, whiteboard equipment, glues, and exercise books.
- Classroom Librarian: allocate pupils to organise and maintain the classroom library.
- Handing Out Supplies: assign tasks like handing out paper, pencils and books.

Enjoy implementing these movement breaks — short, regular movement helps pupils reset, refocus and feel ready to learn.

