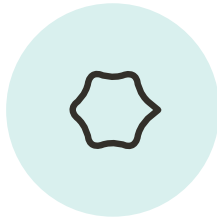


My Sensory Break Menu

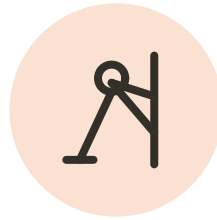
When you need to move, press, or reset, pick something from the menu below and give it a try.



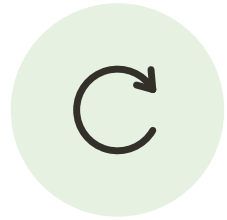
Jump 10 Times



**Squeeze
& Release**



Wall Push-Ups



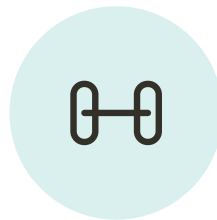
Spin Around



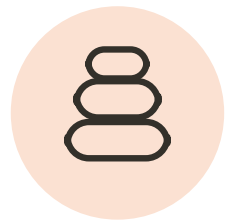
Big Bear Hug



Chew Break



**Carry
Something Heavy**



**Crash &
Cushion Pile**