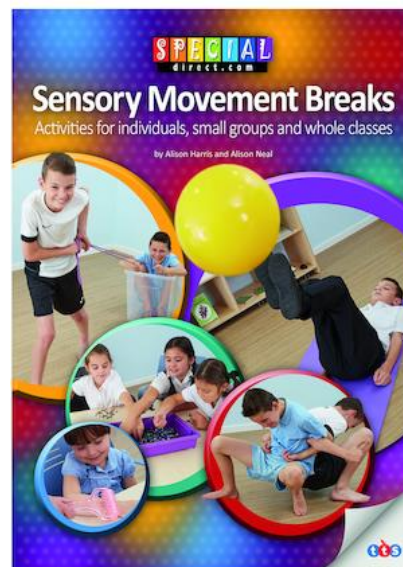


# TESTIMONIALS



## Sensory Movement Breaks Activity Book (SD12338)



Abigail Hawkins, the SENSible SENCO, shares her thoughts and views on the Sensory Movement Breaks Activity Book by Alison Harris and Alison Neal (two Paediatric Occupational Therapists). Read on to find out what she thought.

**"The activities and exercises are well-designed and seem to have a positive impact on the children I trialled them with."**

I was recently approached by TTS and asked if I would like to review the Sensory Movement Breaks by Alison Harris and Alison Neal. I might be an experienced SENCO, but I'm prepared to admit I know very little about the work of an OT and the recommendations they make for motor skills or sensory regulation. So, as result, I often have to seek out something I can share with TAs and class teachers. The bright cover immediately appealed to my inner rainbow.

Written by two Paediatric Occupational Therapists, Sensory Movement Breaks is a collection of sensory activities accompanied by a measurement scale and advice on how to create some of the consumable (not literally!) resources.

### The book is arranged around 5 chapters:

- |                                 |                        |                                     |
|---------------------------------|------------------------|-------------------------------------|
| 1. Short Sensory Breaks         | 2. Long Sensory Breaks | 3. Sensory Activities to include PE |
| 4. Whole Class Sensory Movement | 5. How to Make...      |                                     |

The activities are written for an adult, describing what to do, why you are doing it, the equipment or resources required, and how to assess. The opposing page has a full-size picture or illustration to support.

In the introduction, we are given a sensory scale for measuring impact. I would have preferred the sensory scale to be a 1-5 to match with other assessment tools available, but that is my personal preference.

The book is easy to dip into and out of if you know what you want to achieve. The larger print meant I wasn't hunting for my glasses whilst trying to manage a group of students at the same time as refreshing my memory as to what we were doing, and the images helped to ensure I was doing the right thing. I used some of the images with the students to show them "good form". The book has relevant photocopiable sections.

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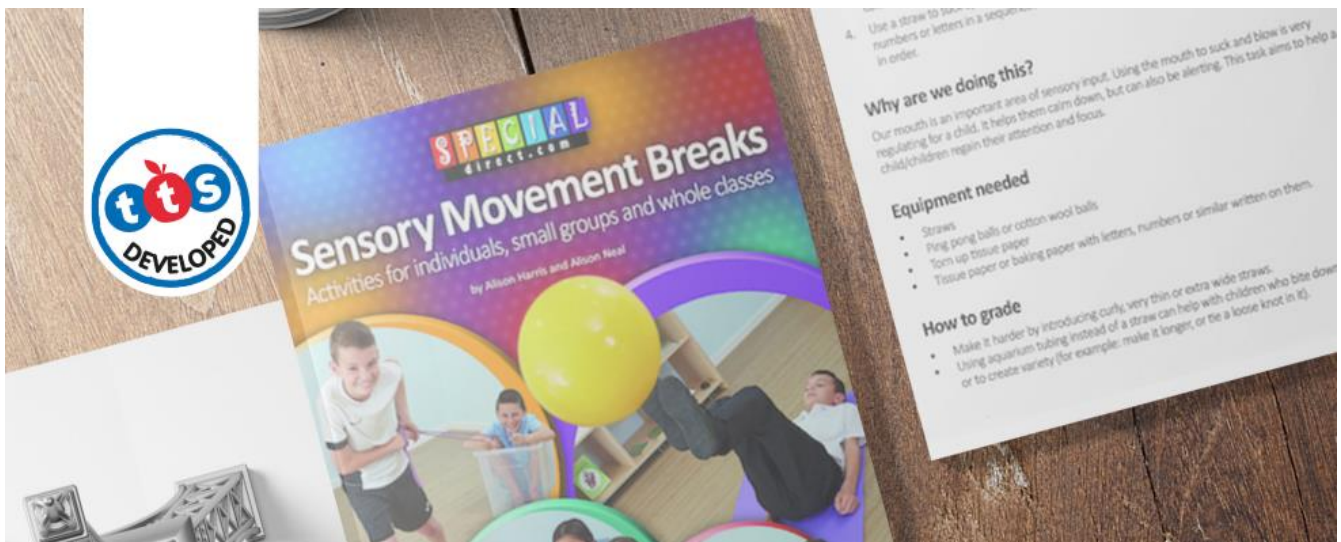


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## In Conclusion...

In conclusion, I found the book to be a valuable resource for supporting sensory movement breaks for children. The activities and exercises are well-designed and seem to have a positive impact on the children I trialled the book with. The adult needs to be familiar with the contents of the book so that they select suitable activities.

**Overall, I definitely recommend looking at this book if you are seeking to expand your resources in this area.**



**Many thanks to Abigail Hawkins, the SENSible SENCO for writing this review.**

