

## Case Study 3

Mary – Blue Behaviours      Anxiety, Sad, Sensitivity to sound, emotions & clothing.

Quite Child with learning impacted.

9.45am – Out for 15 minutes with SNA for Braincalm™ Intensive along with a yellow & red child.

She needed some “Top Up Breaks”

3 times during the day for 5 – 10 minutes each to *give her senses a break.*

These included

- a) Dark Room, Quiet – No fancy sensory room
- b) Tent, Eye Covers, Stress Ball
- c) Teddy with Lavender

