



Dear Principal

We are delighted that an SNA in your school has completed our BRAINCALM™ Sensory Breaks training with Brenda Cassidy, creator of BRAINCALM™. In this training the SNA learnt how to understand the types of sensory issues seen in all mainstream and special classrooms today and how to colour code these behaviours.

After completing a session of BRAINCALM™ Sensory Breaks with the child the SNA will bring them back to the classroom calm, focused and ready to learn which will improve the child's **QUALITY of learning**. Taking these children out for BRAINCALM™ Sensory Breaks is like resetting the "Brain Button".

***** Please note: little breaktime & lunchtime DO NOT count as sensory breaks! For certain children breaktimes may actually make the child's sensory systems worse!***

Some children may be seen as the angry child or the class clown and as a result they exhibit poor behaviour in the classroom. Whereas, that child can actually feel scared and have low self-esteem. They don't want to look stupid in front of their friends and they don't feel good in themselves.

Please be a champion for the child with 'SGO' (SOMETHING GOING ON), you may be the saviour of that **CHILD'S MENTAL HEALTH** in the future! If a child gains self-esteem first everything else will follow.

Many of our children with SGO don't have a diagnosis – they may never have one. But they still need and benefit from our BRAINCALM™ Sensory Breaks!

BRAINCALM™ Sensory Breaks has been designed with the intention of keeping equipment and cost of equipment to a minimum. There is a good chance that the school already have most of the pieces required. These Sensory Breaks can be done at the back of the classroom (if there is enough room) or in the hallway or corridor so no extra room is required.



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www.braincalminstitute.com

support@braincalminstitute.com

01 - 6111575