



Dear Class Teacher

We are delighted to advise you that an SNA in your class has completed our BRAINCALM™ Sensory Breaks training.

In this training the SNA learnt how to understand the types of sensory issues seen in all mainstream and special classrooms today. How to colour code the behaviours and which breaks to give to each behaviour.

These targeted and effective breaks will either

settle/feed the nervous system of the red behaviours,

calm blue behaviours or

awaken yellow behaviours.

After completing BRAINCALM™ sensory breaks the SNA will bring the child 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".

It may take more than 1 sensory break a day for some children to gain the relief which they need in order to learn in the classroom.

1. If a child is a little 'quirky' & a little 'out of synch' This child will POSSIBLY get their RELIEF from play before school starts, little break & big break.
2. If a child is occasionally disruptive (or opposite often quiet, anxious, maybe 'low' arousal) struggles to learn, pay attention at times.....this child will need 3 or 4 sensory breaks for them to achieve better learning
3. If a child is constantly talking out of turn, constantly fidgeting/moving/squirming, very disruptive, really struggles to keep attention on a task, this child may need a BRAINCALM™ Sensory Break- EVERY 20 TO 30 MINUTES

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



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