



Dear Principal

An SNA in your school has completed our BRAINCALM™ Sensory Breaks training with Brenda Cassidy, creator of BRAINCALM™. The SNA learned how to colour code the behaviours and how to give specific targeted breaks to regulate the child.

After completing BRAINCALM™ sensory breaks the SNA will bring the child back to the classroom calmer, more focused and ready to learn. This may improve the child's ability to learn. Taking these children out for BRAINCALM™ Sensory Breaks is like resetting their brain concentration button.

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.

****Please note that Braincalm™ Sensory Breaks training for SNA's is different to the Braincalm™ Intensive training. Braincalm™ Sensory Breaks training is *not* the Braincalm™ Intensive Programme which is a 15 minute a day, 5 day a week "brain-changer" that settles, calms and regulates the "out of synch" child long term. See the link below for more details on Braincalm™ Intensive**

<https://braincalminstitute.com/braincalm-live/>

Kind regards

Founder of Braincalm™ Institute

