



Dear Class Teacher

An SNA in your class has completed our BRAINCALM™ Sensory Breaks training.

In this training the SNA learned how to understand the types of sensory issues seen in all mainstream and special classrooms today.

The SNA learned how to colour code the behaviours and how to give specific targeted breaks to regulate the child.

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 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.

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 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.**
2. If a child is constantly talking out of turn, constantly fidgeting/moving/squirming, very disruptive and really struggles to keep attention on a task, this child may need a BRAINCALM™ Sensory Break- EVERY 20 TO 30 MINUTES

We also have specific training for classroom teachers for more information website.

Kind regards

Founder of Braincalm™ Institute

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