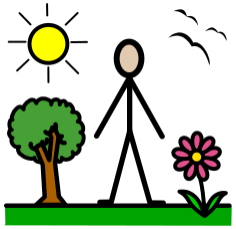
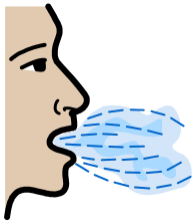
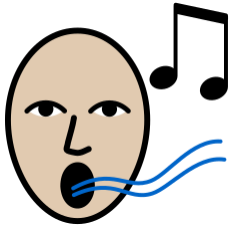

outdoor walk

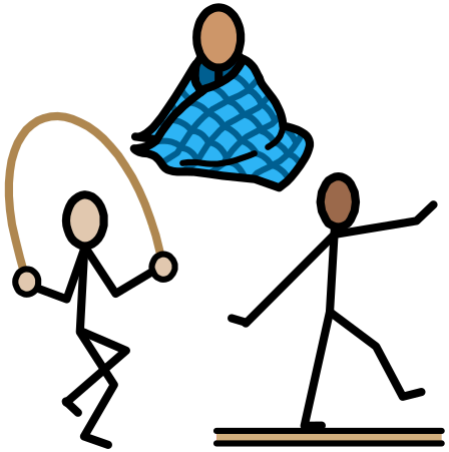

deep breaths

listening to music

fidget toys

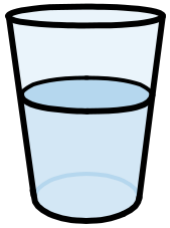
colouring

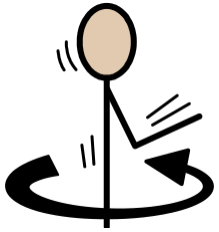

singing a song


Sensory Break

blowing bubbles

ear defenders

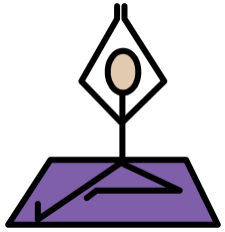

drink of water


spinning

feather massage

play-dough

peanut ball


yoga video

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