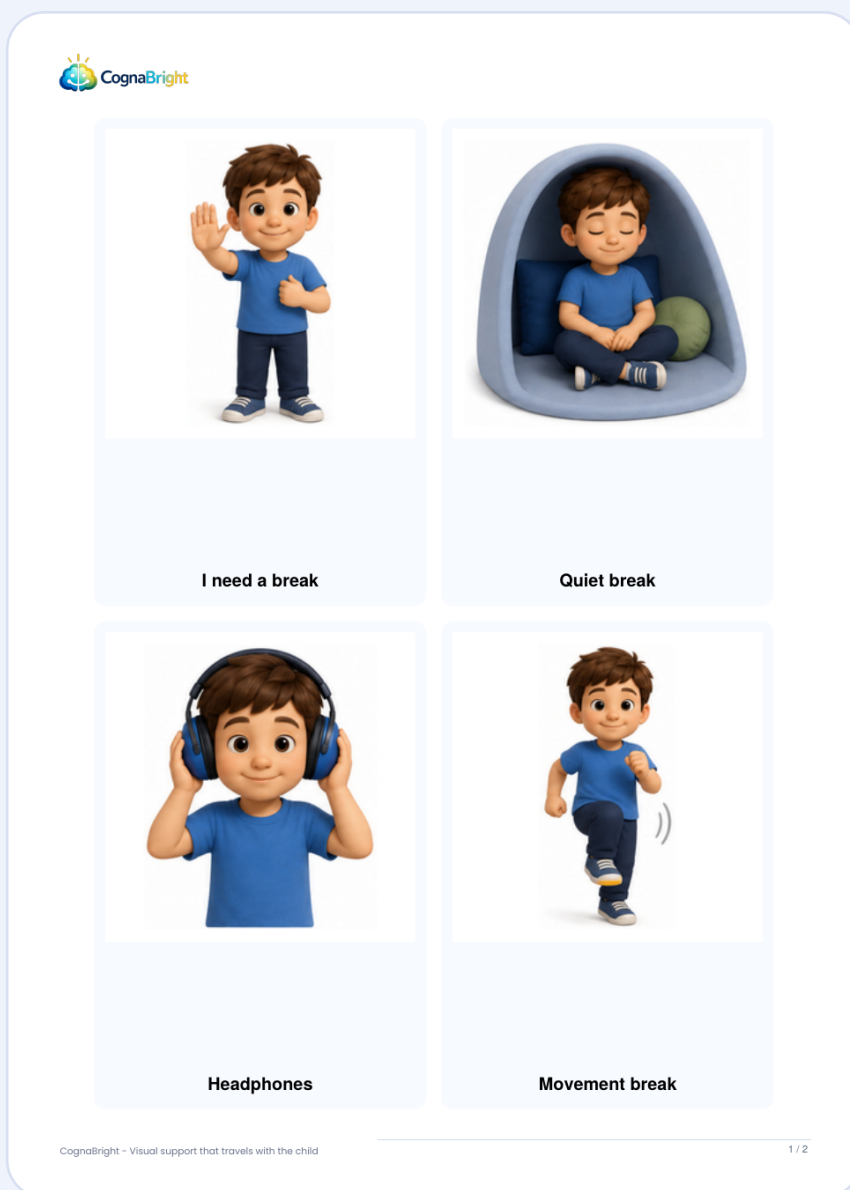


FREE PRINTABLE PACK

Sensory Break Choices

Picture cards to ask for a break and choose what helps.



What's inside: 8 picture cards · 2 A4 pages

Print on A4 · Cut along the cards · Laminate if you like



I need a break



Quiet break



Headphones



Movement break



Heavy-work break



Fidget or squeeze toy



Lower the lights



Weighted lap support

How to use these cards

- 1** Print, cut out and keep the cards where the activity happens (the table, the sink, the calm corner).
- 2** Show one card at a time. Point to it and say the words as you do the step together.
- 3** Give time to respond. Pointing, a gesture or handing you the card all count as communication.
- 4** Use them alongside the plan from your therapist, school or AAC system.

Want these on a phone or tablet?

CognaBright turns cards like these into visual routines that show one step at a time, with audio, in English and Portuguese. Families can try it free for 15 days.

cognabright.com

CognaBright works alongside therapists, schools and AAC. It does not replace professional advice.