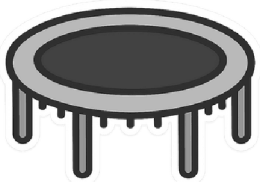
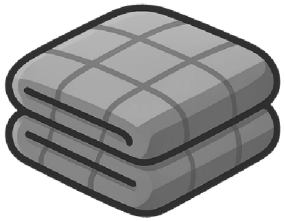
Sensory Breaks

An interactive adapted book





I need _____.

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Cut on this line.

How to build this book

You need

- This printout, at 100% size
- Scissors
- Velcro coins or glue
- Laminator or sheet protectors
- Binding: spiral, rings, or a 3-ring binder

Check first

The square on the card page should measure exactly 1 inch. If it does not, reprint at 100%.

Classic build: laminate every page and every card. Put soft velcro in the page boxes and rough velcro on the card backs. Cut the pages on the dashed line, keep the last page whole, and bind on the left.

No laminator? Slide the pages into sheet protectors in a 3-ring binder and stick the velcro to the protectors.

No velcro? Print once and let your child glue each card in its box, or skip the cards and have them point to or say the answer.

Two ways to read: start with the cards on the choice grid and match them to the pages, or start with them on the pages and match them back to the words. The book never needs resetting.

AAC users: your child can answer on their device. Tap each word of the sentence as you read it together.

Small pieces. Stay with young children while they use this book.

Cut on this line.

How to use this book

Reading

You read, they read: the adult reads the top line, the child reads or says the big sentence at the bottom. Tap each word as it is read.

Level 1: the child reads only the bottom sentence.

Level 2: the child reads the whole page.

Moving the pieces

Level 1: find the picture on the choice column and move it into the box on the page.

Level 2: take the picture off the page and match it back to its word on the choice column. The word hides under the card, so a correct match checks itself.

The choice column stays in view on every page, so the book never needs resetting: just read it in the other direction next time.

Helping without taking over

Wait five seconds before helping. Model the match once, then let your child try. Praise the reach, not just the right answer.

AAC and devices

Your child can answer on their device while you tap the printed words. The sentence starter mirrors phrases many AAC users practice every day.

Keep it going

Practice on a calm day so the words are ready on a hard one.
Keep the book where the real items live.
Ask: what does your body need right now?

Cut on this line.

Created on spectrumunlocked.com

I have a lot of energy.

I need the **trampoline.**

Cut on this line.

Created on spectrumunlocked.com

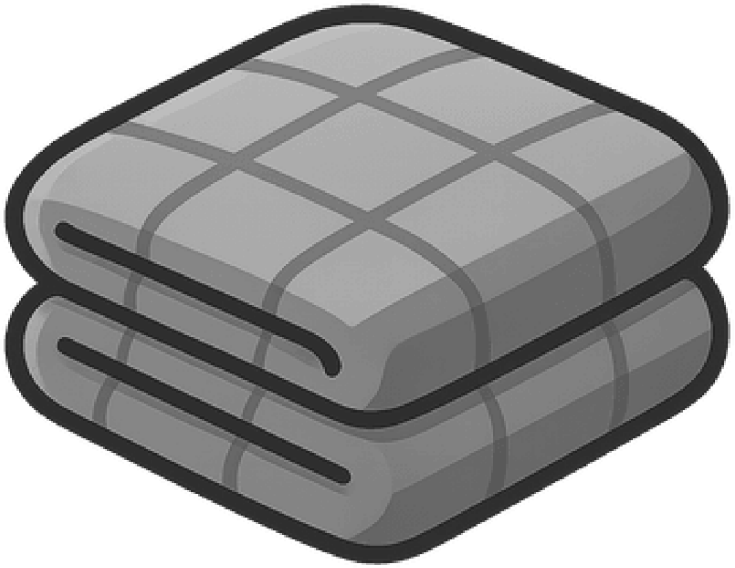
I want to rock and sway.

I need the **swing**.

Cut on this line.

Created on spectrumunlocked.com

I want to feel cozy and calm.



I need the **blanket.**

Cut on this line.

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It is too loud.

I need **headphones**.

Cut on this line.

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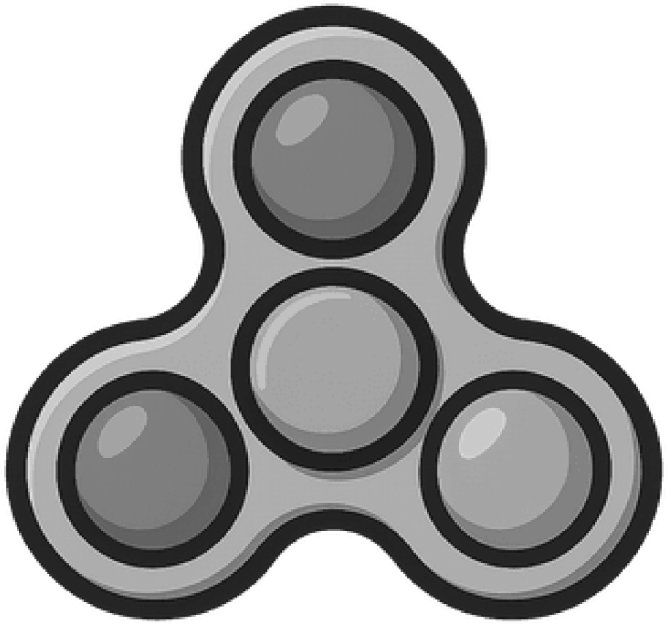
My hands want to move.



I need *a* **fidget.**

Cut on this line.

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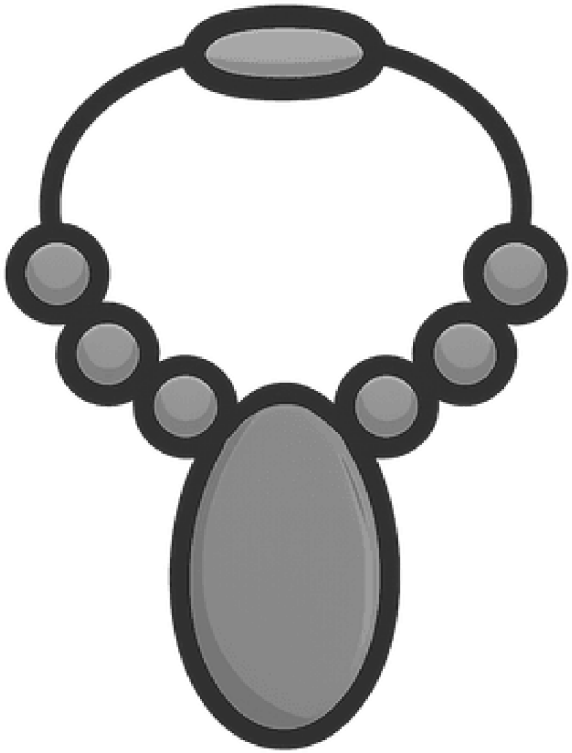
My mouth wants to chew.



I need *a* **chewy**.

Cut on this line.

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My body needs to slow down.

I need a **deep breath**.

Cut on this line.

Created on spectrumunlocked.com

I need *a* quiet spot.

I need **quiet time**.

trampoline	**swing**
blanket	**headphones**
fidget	**chewy**
deep breath	**quiet time**

Do not cut this page.

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Cut out the cards. Add velcro to the back of each one.

This square measures 1 inch.
Print at 100%, actual size.

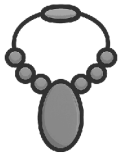
trampoline

swing

blanket

headphones

fidget



chewy

deep breath

quiet time