

A SOCIAL NARRATIVE

NDIS & THERAPY SERIES



A Sensory Break at School



A sensory break is a short, planned pause during the school day, somewhere quiet, to help Ivy feel ready for what's next.



The same spot at school and usually the same helper are used each time.



Some breaks use a cushion and dim lights. Some use a fidget toy or headphones. It depends on what's set up that day.



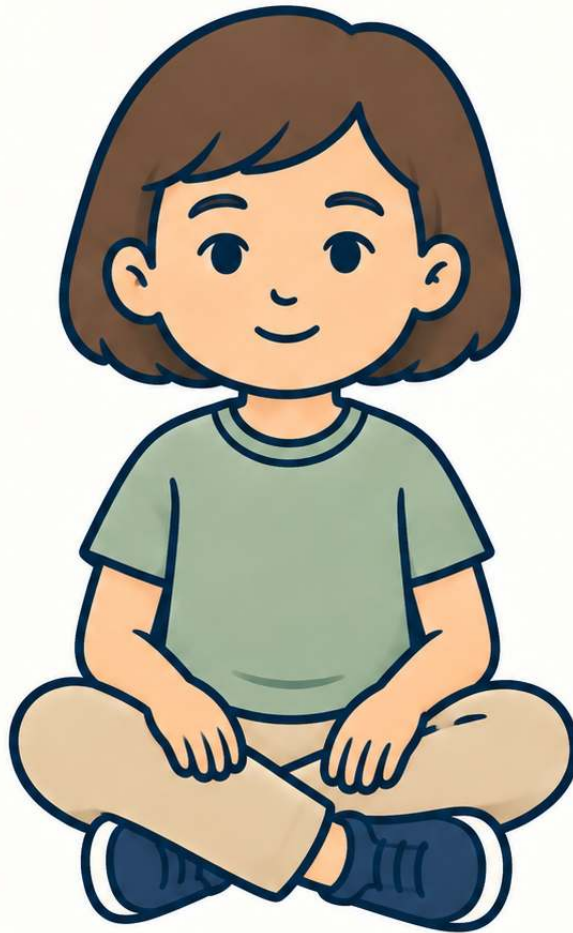
Rough plan: leave the classroom for a few minutes, spend some time in the quiet spot, then go back to class.



Sometimes it's hard to notice it's time for a break until it's needed quite a lot.



Some days one break is enough. Some days need more than one. Both are normal.



If it feels like too much, Ivy can ask for a break even if it isn't the usual time for one.



The break ends, and then it's back to the rest of the school day.



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