





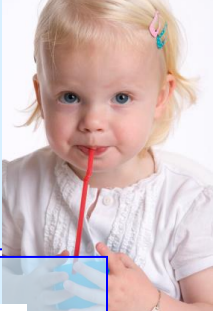



# I need a sensory break!

<p><b>Spinning</b></p> 	<p><b>Rocking</b></p> 	<p><b>Rubbing something with texture</b></p> 	<p><b>Wearing a weighted vest or blanket</b></p> 
<p><b>Holding something to squeeze</b></p> 	<p><b>Listening to music</b></p> 	<p><b>Sucking through a straw</b></p> 	<p><b>Using the iPad</b></p> 
<p><b>Other</b></p> 