

Parent Support

A Parent's guide for ways to work through Covid-19.

Some tips for surviving the 'New Normal'.

Surviving the "New Normal"

When we have traumatic experiences our body goes in to Flight/Fight mode to stay safe. We can help with these responses by taking sensory breaks.

Examples of sensory breaks to calm the body include:

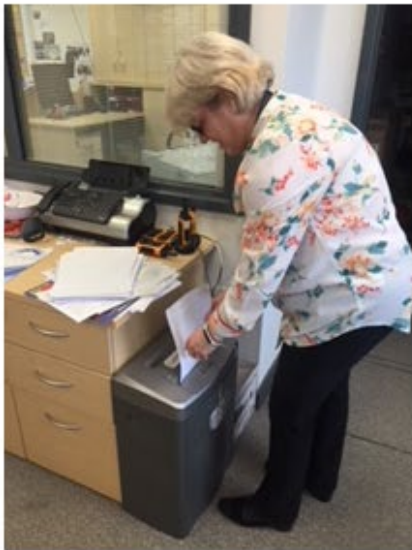
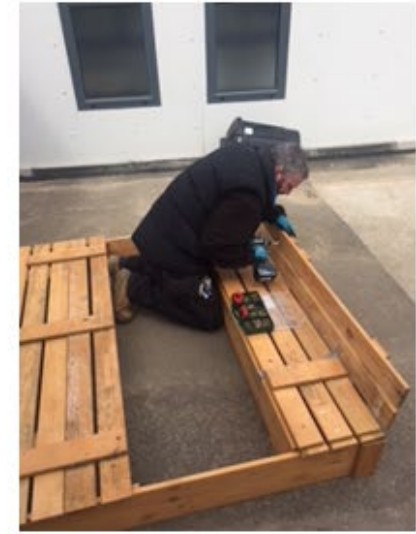
- Yoga
- Mindfulness
- Repetitive activities – drumming/tapping
- Any movement – running, throwing, dancing, interlocking fingers and pull hands apart, heavy work

To calm the brain, try:

- Tapping
- Walk and talk
- Activities with your head down
- Desk pushes
- Wall push ups

Special thanks to Springwell school for sharing this resource.





Sensory breaks are important for adults as well as children – give it a go...

