

Stages of teaching blue breaks

1. Show the blue break symbol and a visual of the activity and model the activity
2. Facilitate the child to carry out the activity: prompts, physical assistance (can the child tolerate physical assistance?) etc. make the activity easier if the child finds it difficult.
3. Observe the child's responses: verbal (e.g. no, ow, again, more etc), facial expressions (remember these can be very subtle), gestures, physical responses, (e.g. curling toes). Check in with the child: 'do you like it? Do you want more/ finish?
4. Stop and allow the child to make a choice, ask/gesture for more or finish etc. build in choices to the level of sensory input find out what the child needs: gentle/ hard (pressure)? , soft or hard (textured fidget), 'spider/ crab (touch)? Forwards and back or round and round (movement)? Teach the child how to gauge pressure when they are giving themselves and you massage, squeezes etc.
5. Teach the children the concepts and visuals so they learn what the activity is.
6. Schedule in blue breaks in the day and tell the child what the blue break is
7. Schedule in a blue break and offer a choice of 2 activities. Choices can be built up gradually.
8. Use choice boards, choices on the Ipad etc.

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