



Bloom ABA

CLASSROOM TOOL

Sensory Break Card Set

Printable visual cards for sensory breaks — for use at home or in the classroom between sessions.

Why visual break cards help

A sensory break is a short, structured pause built into the day before overload happens — not a reaction after a meltdown. Visual cards make the break predictable: your child can see what the choices are, point to one, and know exactly what happens next.

How to use this set

- ☐ Print and laminate (or slip into a page protector) so cards hold up to daily handling
- ☐ Keep them somewhere your child can reach independently — not a shelf only adults can access
- ☐ Introduce one or two cards at a time rather than all eight at once
- ☐ Use the same cards consistently at home and share the set with your child's school or therapist
- ☐ Let your child choose their own break when possible — choice itself is regulating

The eight break cards

- Quiet corner — a few minutes alone in a low-stimulation space
- Movement break — jumping, stretching, or a short walk
- Deep pressure — a weighted blanket, tight hug, or bear crawl
- Fidget time — two minutes with a preferred fidget tool
- Water break — a drink of water, often overlooked as a reset
- Noise-reducing headphones — for a loud or overwhelming room
- Rock or swing — rhythmic movement, seated or standing
- Deep breaths — three slow breaths, paired with a visual counter

TIP

Bring this same set into your child's classroom. A break system only works as well as it is understood by every adult around your child, not just at home.

Designed alongside Bloom ABA's Toronto-based occupational therapists. Pairs well with our Sensory Profile Kit — available free at bloomaba.ca/resources.