

Fall Family **PLAY** breaks

5-minute ideas designed to inspire hours of play

This week, each Play Break helps kids use the senses we sometimes neglect but so need to use! Print and cut out these play break ideas. When it's time for a break, pick one and play! [Learn more](#) about how to build in play breaks.



Take a break and go outside for a listening walk, listening for the sounds in your surroundings. Stop somewhere, lay down and close your eyes. See how much more you can hear when you shut off other senses.

[Supports the hearing sense.]

Hide one of the day's snacks somewhere low to the ground, then welcome kids to "hunt" for it. Let them know it's on "worm" level and they'll have to look low to find it.

[Supports the vestibular sense.]

Sprinkle some cinnamon, clove or other spice into forest putty (e.g. play dough) or just make a tablespoon or two available to add to mud play to crank up the sensory stimulation!

[Supports the senses of smell and touch].

[Download](#), print and give kids a Sensory Scavenger Hunt to use in the yard, the park or around the house. Read more about hunts here.

[Supports multiple senses]

Pretend to be kangaroos on the loose and take big, long jumps. If there are puddles to jump in, all the better!

[Supports multiple senses]

Create your own...
