# Movement break





Yes



No



Help



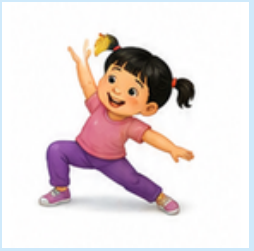
Stop



Jump



Walk



Stretch



Rock



Spin



Sit



Slow down



I want space



An optional activity supplement. Keep the person's usual communication system available.
Activity idea and picture credits are on page 2. Retain both pages when sharing this PDF.

# Movement break - activity and picture notes

## Start with the activity

Offer safe movement choices that fit the space. Let the communicator choose whether to move or rest.

## Try another version

Compare a short movement break with a quiet pause.

## Using the board

Let the communicator choose, comment, refuse or change the plan. These 12 pictures are a small activity vocabulary set, not a complete communication system. Choose a comfortable size and position. The browser version can speak messages using an available device voice.

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