



# Dyslexia Resource



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#### Brain Break Breathing

##### Balloon Breaths

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



#### Brain Break Breathing

##### Starfish Breaths

Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.



#### Brain Break Breathing



#### Sun Breaths

Sit on the floor in a comfortable position. Close your eyes and take some slow deep breaths in and out. Picture a bright, shining sun smiling at you. Feel the sun on your face. Breathe slowly and let the sun warm your face. Imagine the sun warming your shoulders and back. Imagine the sun warming your arms. Continue to breathe in and out slowly and calmly. Imagine the sun's warmth spreading to your legs. Finally, feel the warmth all the way in your fingers and toes. Slowly stretch your arms overhead and your legs and feet out in front of you. Take a deep breath in and bend over towards your feet. Slowly exhale and sit back up. Take one more deep breath in and out and slowly open your eyes.

#### Brain Break Breathing

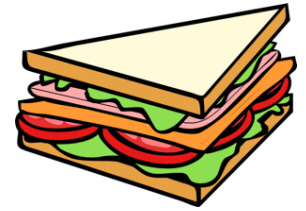


#### Butterfly Breaths

Sit on the floor with the bottom of the feet touching and the knees bent out to the sides. Put your hands on your ankles and gently bounce your knees like you are flapping butterfly wings. Close your eyes and breathe slowly and calmly. Be sure to take slow deep breaths in and out. Pretend you are flying to your favorite place in the whole world. Imagine what it looks like. What do you see? What do you hear? What does it feel like? Imagine you are flying around and you are happy and calm. Now it is time to fly home, slowly flap your wings back home. Take a deep breath in and slowly exhale. Now slowly open your eyes.

## Visual Timetable

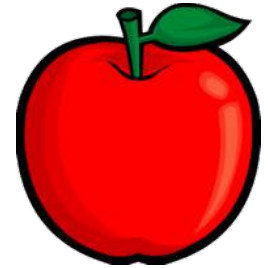
Example Visual Timetable  
printouts for display board.



**Lunch**



**Literacy**



**Break**



**Maths**



**PE**



**Reading**

**Golden  
TIME**

**Golden  
Time**



**ICT**



**ABL**



**Art**



**Assembly**

#### Brain Break Breathing

##### Waves on the Ocean Breaths

Lie back gently on the floor with your feet out in front of you. Place your hands on your stomach. Breathe in through your nose and feel your hands rise up. As you slowly exhale, feel your hands go back down. Pretend that your stomach is waves in the ocean and your hands are a sailboat. Each time you breathe in the sailboat goes up on the waves and each time you breathe out the sailboat goes down on the waves. Repeat.



#### Brain Break Breathing

##### Rainbow Breaths

Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done slowly open your eyes.





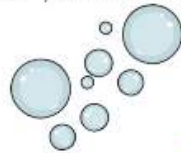
# Mindfulness Activities

## Mindfulness Breathing Activity Cards.

### Brain Break Breathing

#### Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



### Brain Break Breathing

#### Bumble Bee Breaths

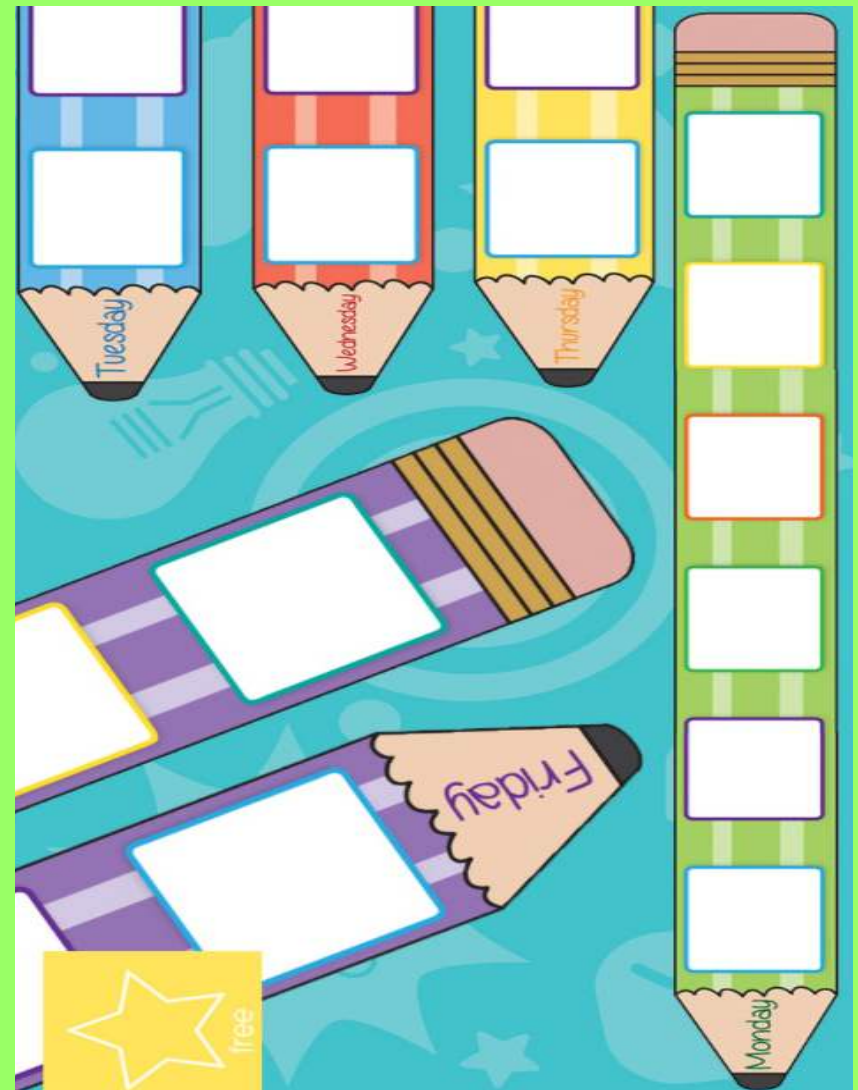
Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5.

Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



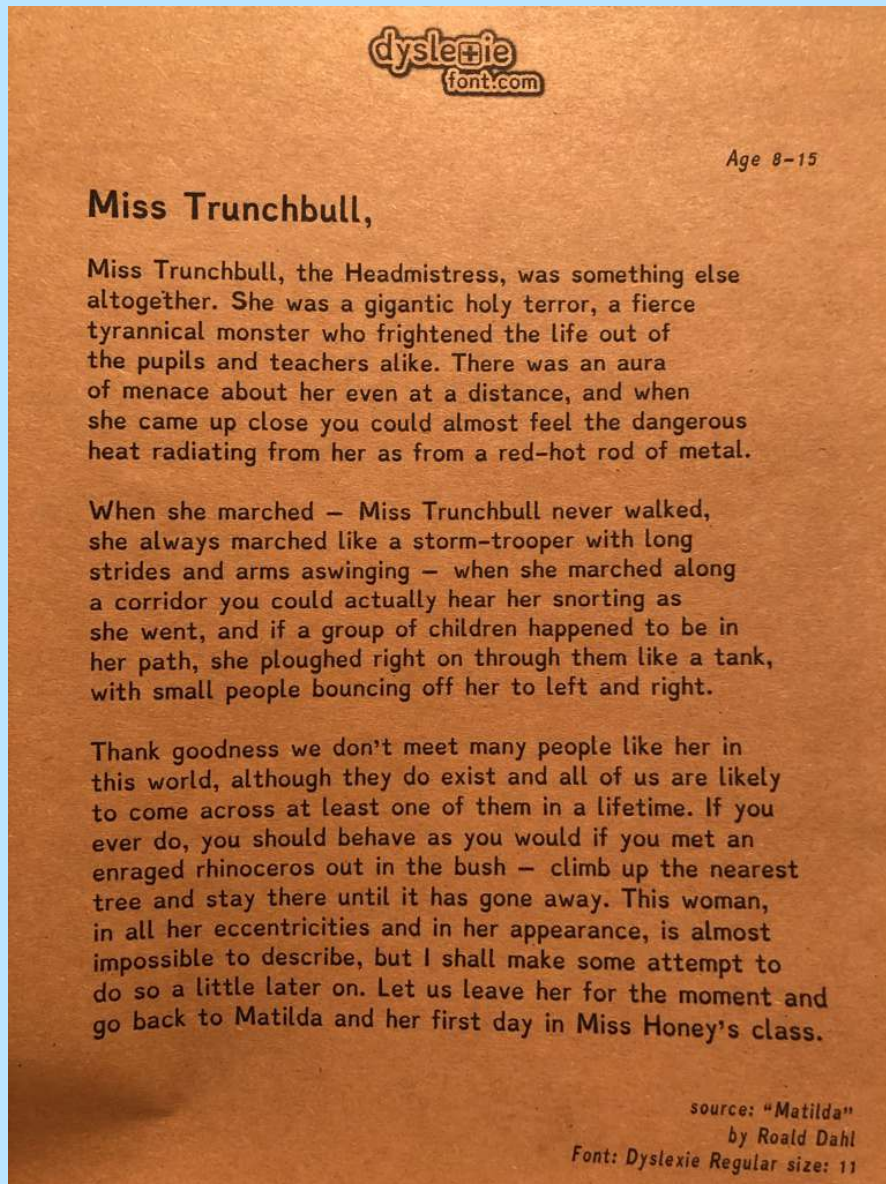
Example Visual Timetable displays for resource book- this can be downloaded for free from Teacher Pet at:

<https://tpet.co.uk/downloads/daily-pencil-visual-timetable-boards/>



## Coloured Resources

Coloured pages with dyslexie font. Once the colour most suited to the individual has been determined this can be swapped for the appropriate overlay. See next page.



## Playdough fidget toy

This super-easy playdough recipe is perfect for making with children. It's quick enough to get their attention and you only need a few ingredients.

### Simple Playdough Recipe



Makes 1 coloured ball  
Prep 10 minutes

You will need:

8 tablespoons of flour  
2 tablespoons table salt  
60ml of warm water

Food colouring or children's paint  
1 tablespoon of vegetable/baby oil



### Method

- Mix the flour and salt in a large bowl.
- In a separate bowl mix together the water, a few drops of food colouring/or children's paint (optional) and the oil
- Pour the coloured water into the flour mix and bring together with a spoon.
- Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring/paint)
- Once used store in a plastic sandwich bag.



# Sensory Activities for the Home

## Story Sticks

Use a different colour craft stick to represent each element. Yellow sticks might ask the question, "Who are the characters?" while blue sticks ask, "What is the setting?"

Resources needed: lollypop sticks and a marker a simple as that!



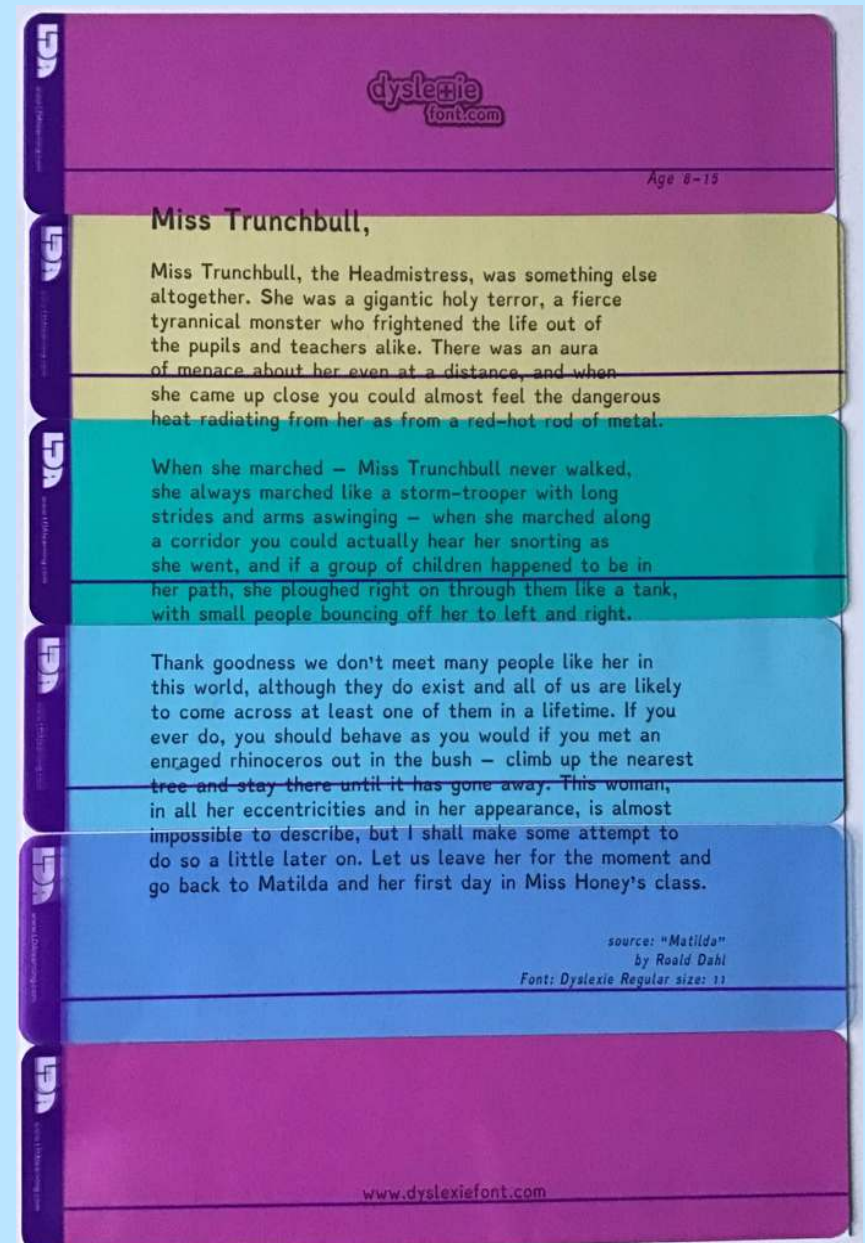
## Sand Writing

Use sand, salt, rice or shaving cream whatever you have available at home to make a sensory writing tray! Use your child's spelling or reading books as a source of words for this fun activity.

Resources needed: tray, sheet (for table so it doesn't get messy!), sand/salt/rice/shaving cream and word list.

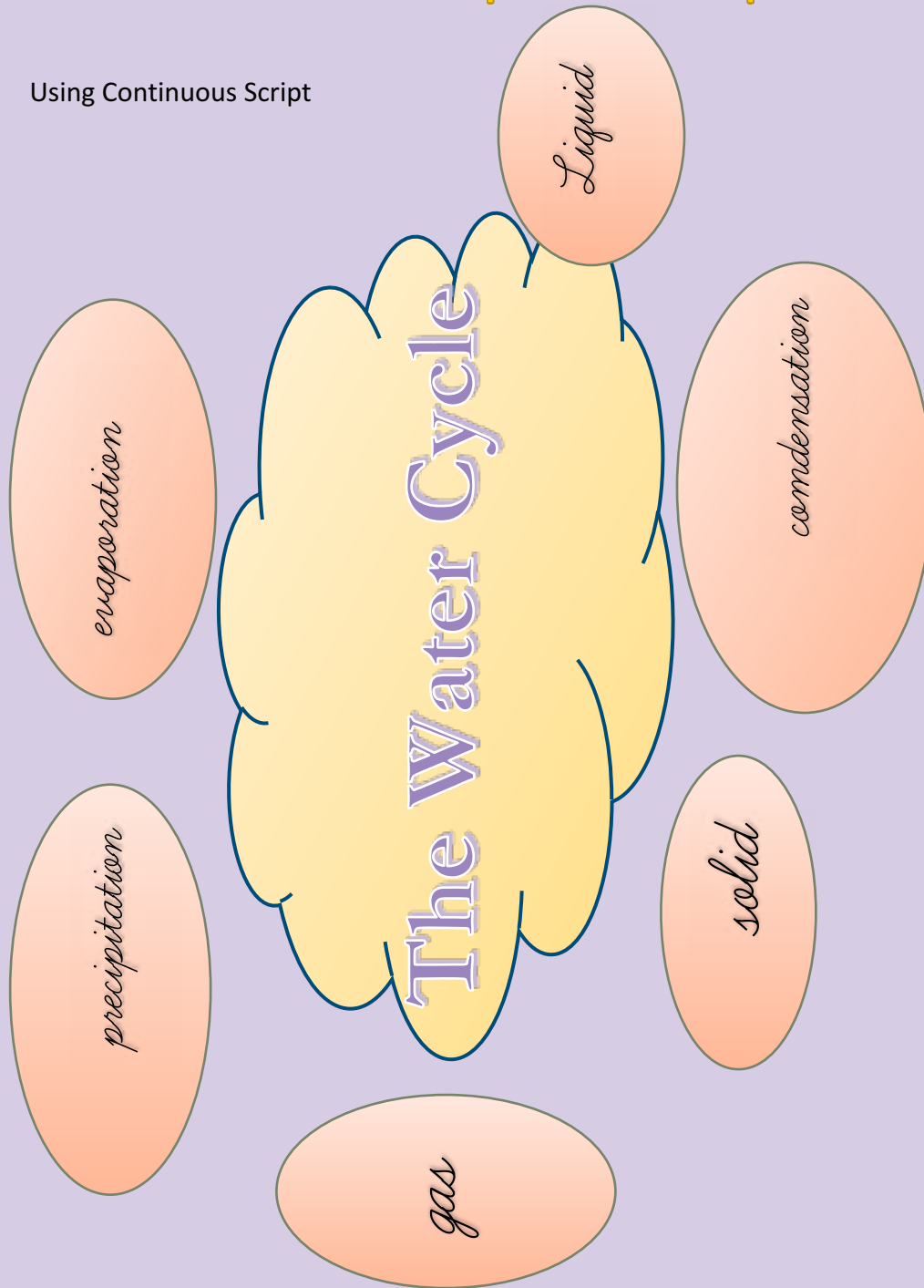


These overlays can come in the form of a page or a strip as below. The overlay will be inserted into the resource for pupil use.



# Continuous Script word Map

Using Continuous Script



## Memory Games

### Kim's game

#### Instructions-

- Place 4 or 5 objects onto a tray
- Look at the objects for one minute
- Then cover the objects
- Then try and remember what all the objects were

Resources needed: random everyday home or classroom objects, tray, and something to cover the objects with.

### Concentration Game

#### Instructions-

- Using matching cards set lay all cards facing up.
- Study the cards for two minutes
- Then turn cards face down and see how long it takes to match all the pairs.

Resources needed: matching cards and a timer.

### Drawing Game

#### Instructions-

- Use an object from home or the classroom, or a picture.
- Look at the object or picture for one minute.
- Then hide the object or picture and see how much of it you can draw from memory.

Resources needed: classroom object or picture, pencil and paper.