

**Time-Ordered Agenda for
Brain Breaks, Sensory Breaks, and Movement-Based Learning
Instructor: Gwen Wild, MOT, OTR/L**

Time (minutes)	OT-Specific Content to be Covered	Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)
5	Introduction and overview	Lecture
10	Review of evidence	Lecture
12	Brain Breaks- definition, recommended frequency, minimizing obstacles to implementation, activities	Lecture, demonstration
12	Sensory Breaks - definition, recommended frequency, minimizing obstacles to implementation, activities	Lecture, demonstration
12	Movement-Based Learning - definition, recommended frequency, minimizing obstacles to implementation, activities	Lecture, demonstration
7	Questions and Answers	Discussion
3	Wrap-Up	Lecture
60	TOTAL RUN TIME	