



Sensory Motor Path

You will see something new in our front entry area. This is brought to Brookside by Shoreline School District physical therapists. The path is made from removable velcro and placed in fun patterns to promote physical activities to wake up the senses through series of movements such as jumping, following a line or spinning in a circle. Our staff will be using this tool with various children at our school. Feel free to try it out yourself!

Motor Path Benefits:

- Provides a "brain break" with sensory input to decrease sensory seeking behaviors in the classroom and improve cognitive functioning afterward by building sensory paths and brain connections
- Assist those that need to increase their energy and arousal level as well as those who need to calm and organize their bodies
- Improves coordination, balance, and spatial awareness
- Many research studies have proven positive association between as little as 5 minutes of physical activity and academic performance
- It's fun