

Sensory Circuits

Ideally, these sessions should run first thing each morning and after lunchtime break. Sessions should take approximately 10-15mins. Encourage Child to complete one activity from each section in strict order i.e. Alerting then Organising and finish with Calming.

3-5 minutes

Alert

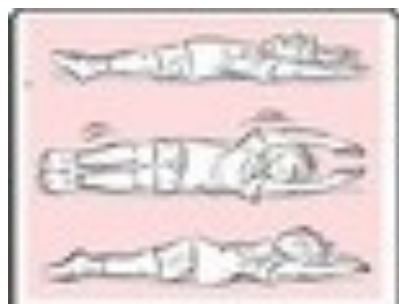


Jogging

Jogging on the spot/ inside a hoop. Advance by changing speed up and down, jogging around a course of cones.

3-5 minutes

Organising



Logroll

Lying on floor, roll across mat trying to keep body in a straight line. Advance by extending arms above head, extending the distance of the

3-5 minutes

Calming



Wall Push Ups

Push ups against the wall x 20. Make sure elbows bending and straightening rather than just body moving. Can also do with two students either pushing

Please Note

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Step Ups

Stepping up and down on solid bench or step.

Increase speed as skill progresses. Advance by adding arm movements.

3-5 minutes

Organising



Roll Over Ball

Lying on tummy over peanut ball and walk hands back and forth.

3-5 minutes

Calming



Ball Squash

Student lying on tummy, an adult rolls a large exercise ball slowly up and down the student.

Please Note