

SENSORY CIRCUITS

For HOME – older students

Alerting: This provides vestibular (balance and motion) stimulation within a controlled setting, preparing the brain for focusing and for the demands of the environment.



Organising: This includes activities that require multi-sensory processing and balance. People need to organise their body, plan their approach and do more than one thing at a time in a particular order (sequence).



Calming: Calming activities that provide heavy muscle work and/or deep pressure (proprioception) ensure that children are calm and refocused.



FIRST Choose 1 or 2 activities from the RED section

THEN choose 1 or 2 activities from YELLOW section

END with 1 or 2 activities from GREEN section

SENSORY CIRCUITS
For HOME – older students

First make the space safe. Remove any hard objects in the area.

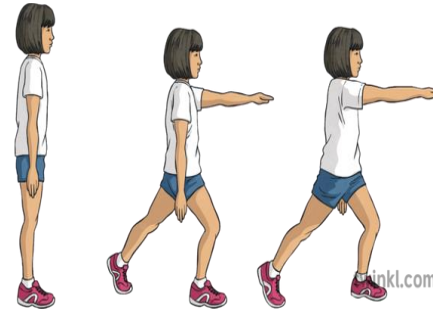
START the sensory circuit with **ALERTING** activities ...



Jumping jacks on the spot



Running on the spot - high knees



Spotted dogs



Dancing to favourite song

THEN add **ORGANISING** activities ...



Frog jumps



Army crawls - under table/chair/rug/grass



Wheelbarrow Walks



Roll along the carpet



Balance on one leg, or along a line

SENSORY CIRCUITS
For HOME – older students

END with CALMING activities ...



Curl into a ball like a hedgehog



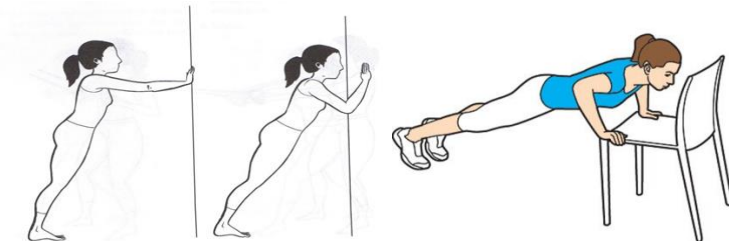
Plank



The bridge



Chair sit ups



**Wall press ups or
chair press ups**



Downward dog

Always end with a calming activity, but complete the circuit 3 or 4 times, in any order, 2 or 3 times a day.

Add songs or music to make it more fun (use calming, quieter music for green activities).

Useful websites for heavy muscle work include:

- Joe wicks – The Body Coach TV (15 minute Hit Workouts) on [YouTube.com](https://www.youtube.com)
- Go Noodle <https://www.gonoodle.com/>
- Just Dance
- Radio Taiso <https://www.youtube.com/watch?v=XrEH5JLljDI>
- Brain Gym <https://braingym.org.uk/>