

SENSORY CIRCUITS For HOME

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



FIRST Choose 1 or 2 activities
from the RED section

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).



THEN choose 1 or 2 activities
from YELLOW section

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



END with 1 or 2 activities from
GREEN section

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

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



Jumping on the bed or soft cushions placed on the floor.



Spinning around.



Bouncing on cushions.



Blowing and popping bubbles

THEN add **ORGANISING** activities ...



The Frog



The Crab



The Bear

Animal Walks



Wheelbarrow Walks



Bouncing & catching a ball – either standing still, ...



Drink cold drink through a straw

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END with CALMING activities ...



Wrap up in a blanket like a fajita & then wriggle free

Long, slow low level swinging with child lying or sitting in a sheet or blanket. After 3 -5 swings (or end of a song verse), collapse the sheet into the 'crash mat'.

Long, slow squashing between two pillows as if you're adding favourite ingredients to a sandwich, one at a time. Ask the child to choose the ingredient that is added.



Tie a sheet to trees, bottom stair newel posts. Make sure its low lying.



Duvet on top of cushions & pillows



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.