**Sensory circuit activity Ideas.**

* They have to be completed in this order (alerting then organising and then calming). This should leave your child in a calm-alert state.
* Each whole circuit can last anything from 5 minutes to 20 minutes depending on how they are enjoying the activities/ what mood they are in.
* Limit the alerting and organising activities to a maximum of 10 minutes but the calming can be longer if you want it to be. The sections don’t have to be the same length of time as long as each section is completed for at least 2-3 minutes.
* Limit each section to 1 or 2 activities.

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| **Alerting** | **Organising** | **Calming** |
| * Trampolining
* Bouncing on exercise ball/ space hopper
* Running-straight lines/ circles in the garden
* Running up and down stairs
* Spinning- standing up/ on a swivel chair/ in the red spinner
* Play fighting
* Sliding/slides
* Any jumping activities (star jumps, frog hops etc)
* Dancing to music
 | * Commando crawling
* Balance beam (it can just be walking along a skipping rope/ rolled up sheet/ walking toe to heel
* Climbing
* Animal walks
* Throwing bean bags at targets/ into a big bucket
* Wobble boards (if no wobble board use a couple of pillows–standing, throwing things to each other
* Blow whistles, feathers off your hand/ blowing bubbles in the bath/ twirly fans
* Wheelbarrow walk
 | * Gym ball/sofa cushion squash whilst laying down (front or back)
* Rocking chair/swing (back and forth motion)
* ‘Hot dog’ (roll up in a blanket)
* Pushing/pulling a heavy bag/trolley/ around
* Wearing heavy backpack
* Deep pressure on joints
* Deep pressure massage
* Sitting in-between people/ side of sofa and person and being squashed
* Story time -them sitting, using calm voice
* Using theraband, wrap round individual joints and squeeze (not too tightly!)
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