









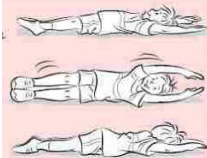


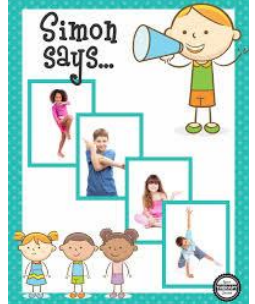
Sensory Circuits

A sensory circuit is designed to help children be in a calm state ready to learn. They can be carried out as many times a day as needed and consist of different activities for **alerting**, **organising** and **calming**. Complete one activity from each section.





Alerting activities

<p>Skipping</p> 	<p>Trampoline bouncing</p> 	<p>Jumping around a course of cones on a space hopper</p> 	<p>Go for a run</p> 
<p>Jumping jacks</p> 	<p>Hopscotch</p> 	<p>Hula Hooping</p> 	<p>French skipping</p> 

Organising activities

<p>Log roll</p>  <p>Log roll along the floor or mat and then commando crawl to the beginning</p>	<p>Balance obstacle course</p> 	<p>Tummy ball rolling</p> 	<p>Simon says</p> 
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Calming activities

<p>Push ups</p>  <p>Can also been done standing against w wall.</p>	<p>Planks</p> 	<p>Ball squishing</p> 	<p>Push and pull</p>  <p>Push and pull something heavy</p>
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You can have a go at making your own one in a small area of the garden.

