

Red borders - Alerting

sensory input

Green borders - organising

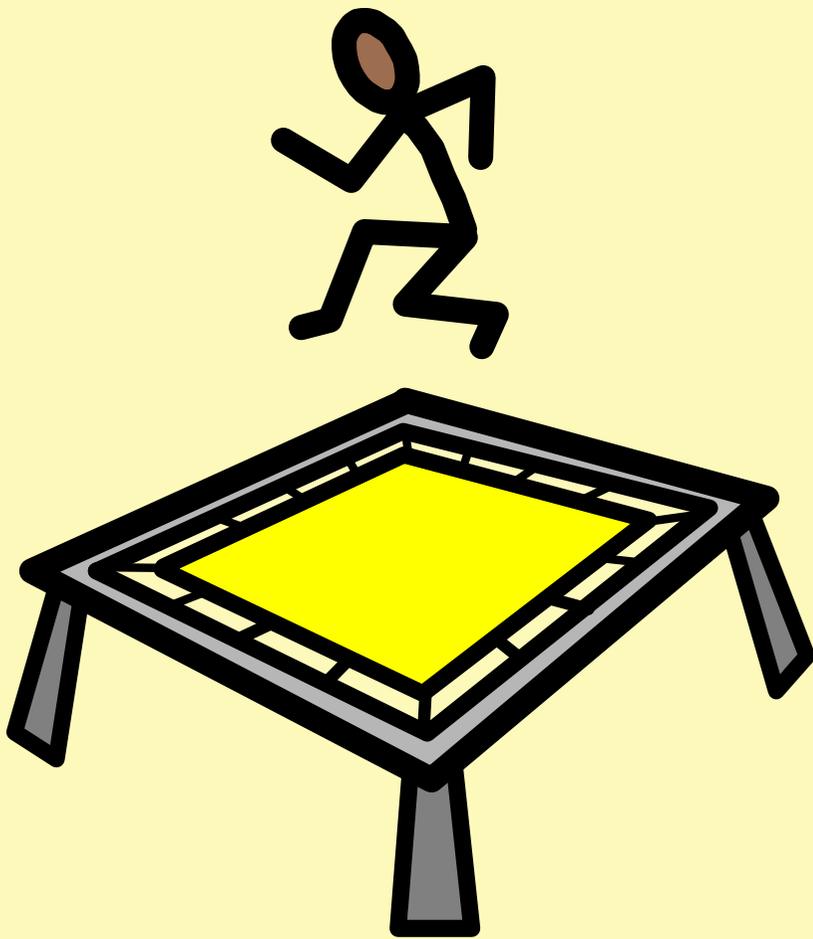
sensory input blue borders

Blue Borders - calming

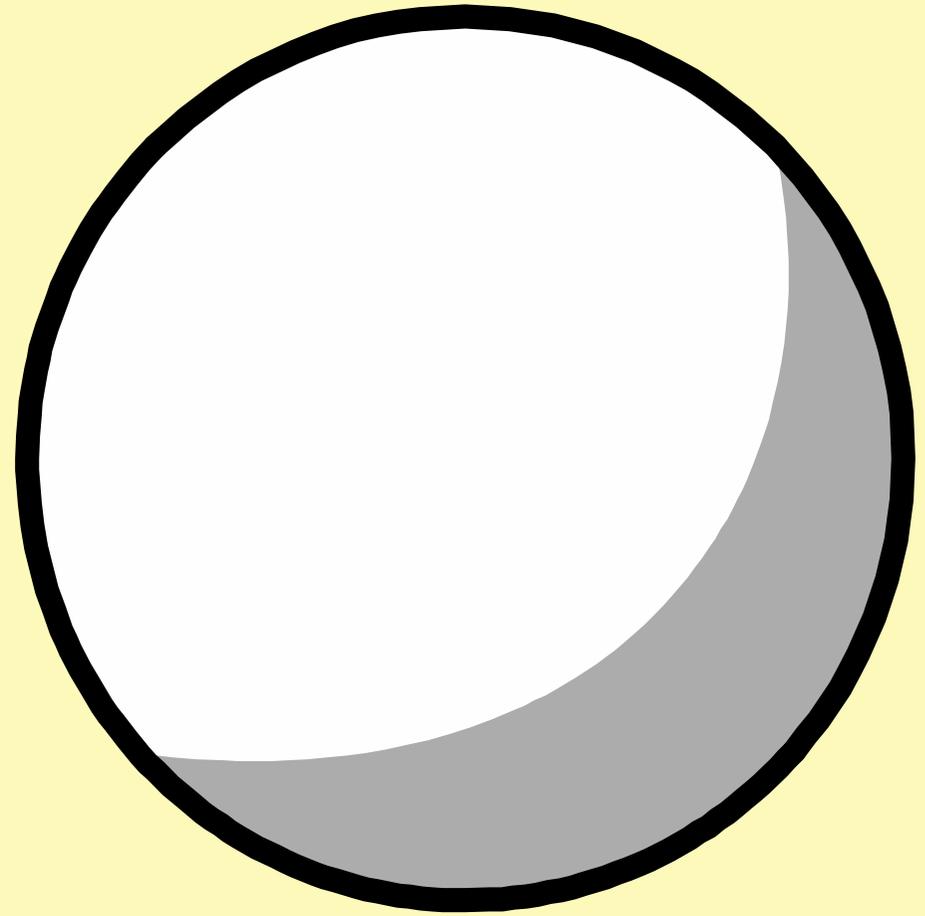
sensory input.

Sensory circuits consist of alerting, followed by organising and finishing with calm.

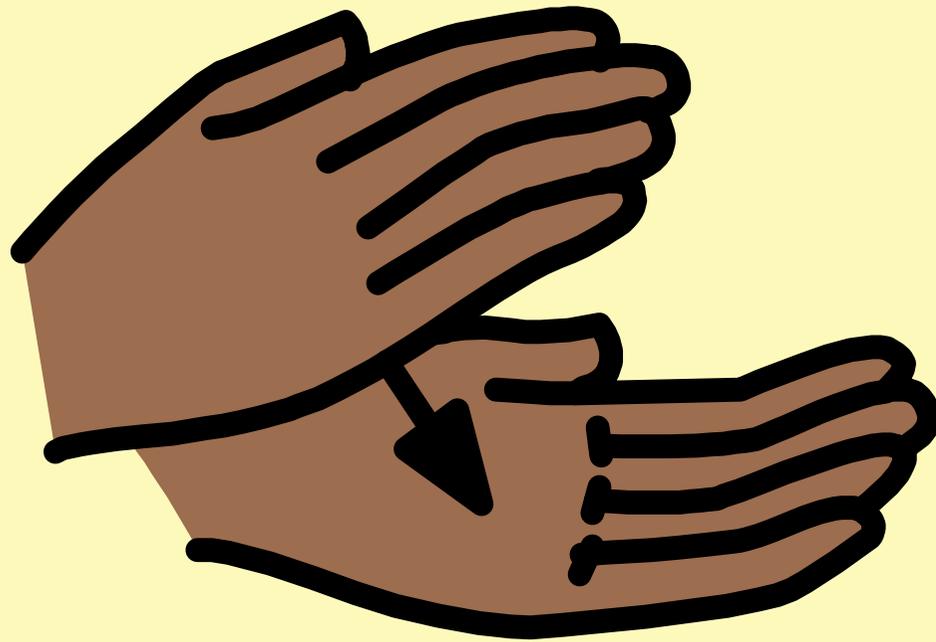
Sensory top ups should follow needs of the child e.g. calming them organising, alerting then organising. Be prepared to follow alerting by calming if they become too alert!



bouncing on trampoline -
for a given time or count.



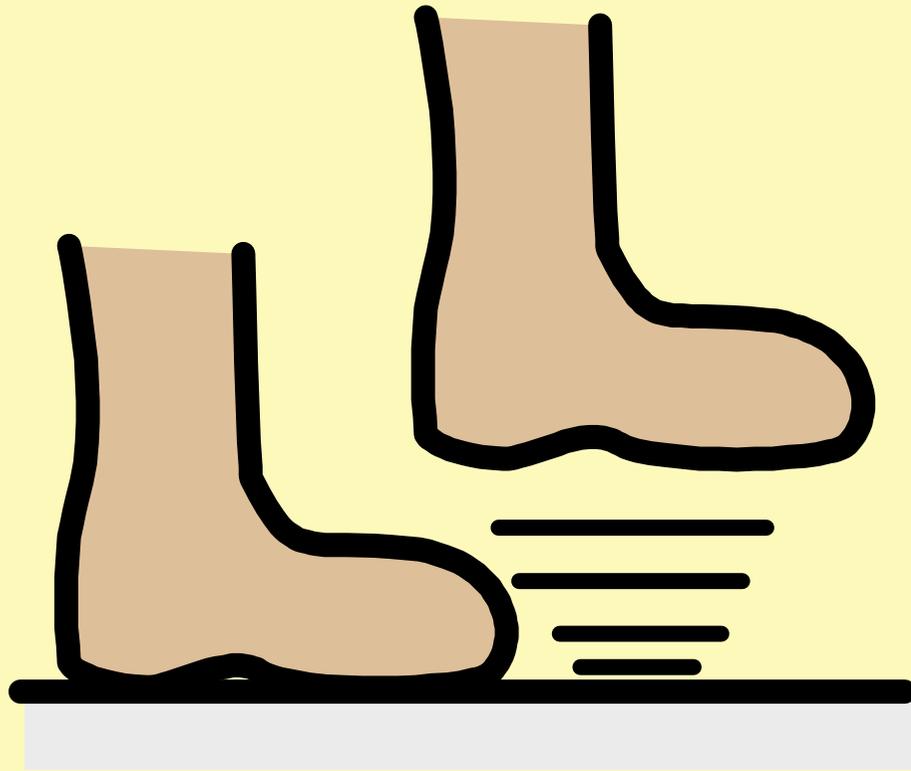
bouncing on ball/peanut -
for a given time or count.



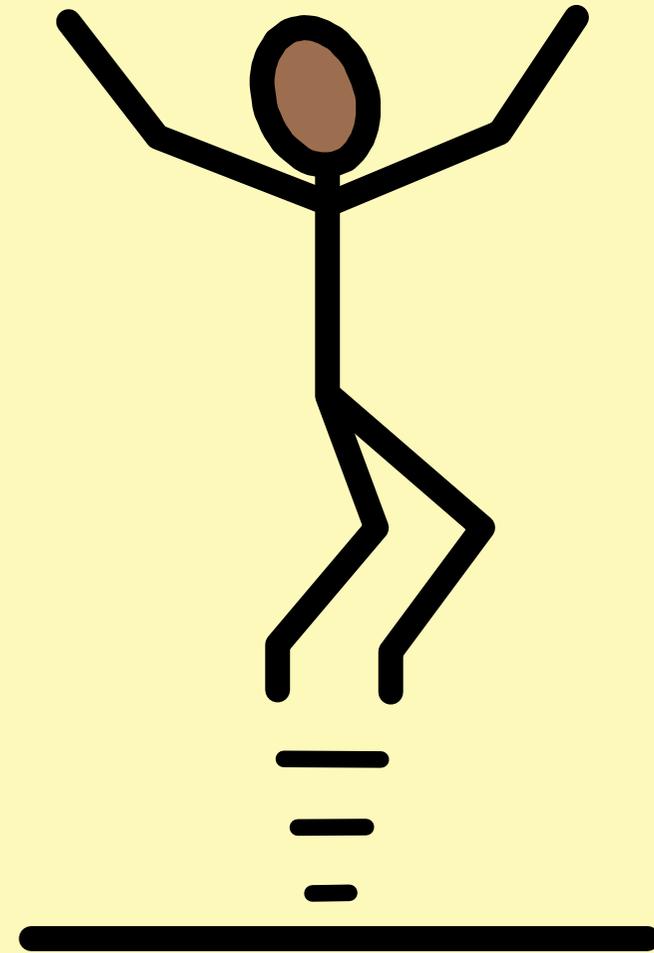
clapping hands onto legs,
knees, opposite arms and
head



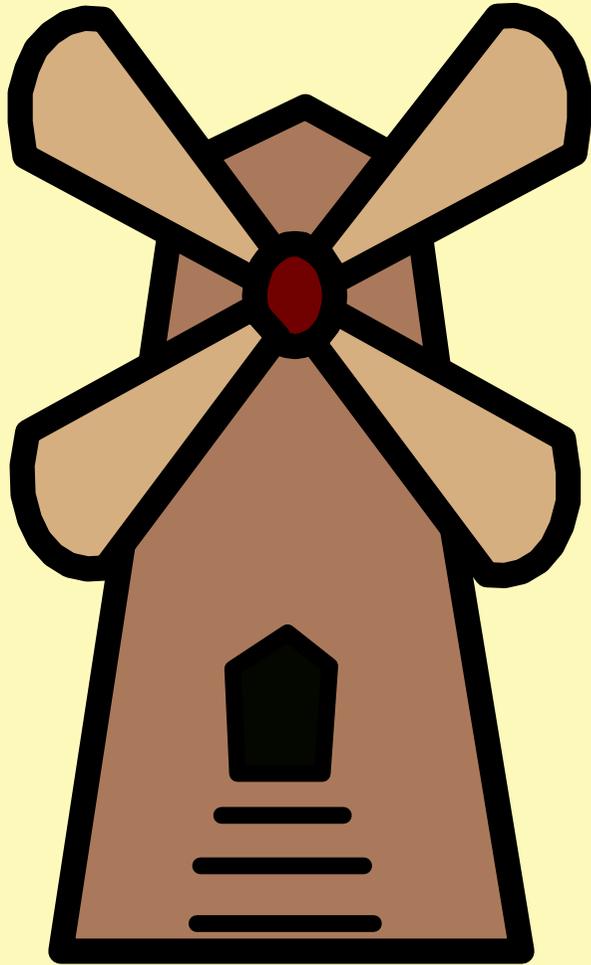
shaking hands with
themselves or a partner.



stamping feet - model raising knee and marching with force. Repeat for a count or over a given distance.



star jumps - for a given count in a set. Can repeat for multiple sets.



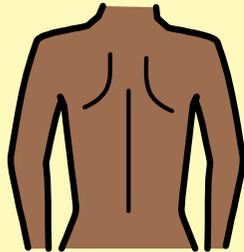
windmill arms - waving arms first one way at the same time, then the other and finishing with opposite direction of possible



raise your arms above your head and wave from side to side for a given number of times.



clapping

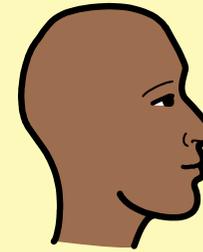


behind back

model clapping behind back
and give instructions and
count home many times

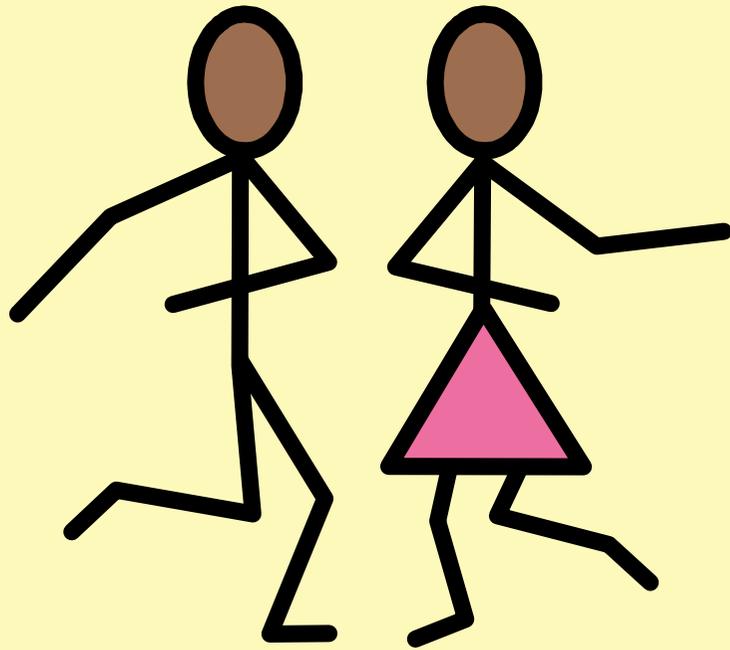


clapping



above head

model clapping above head
and give instructions and
count home many times

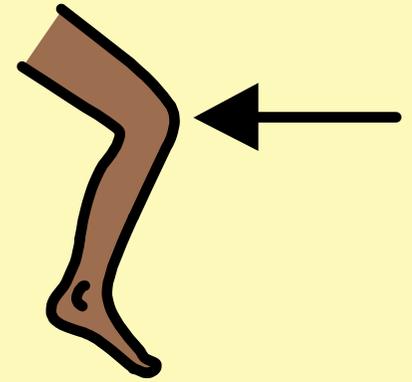


twist

give directions to twist trunk of body right and left multiple times



elbow



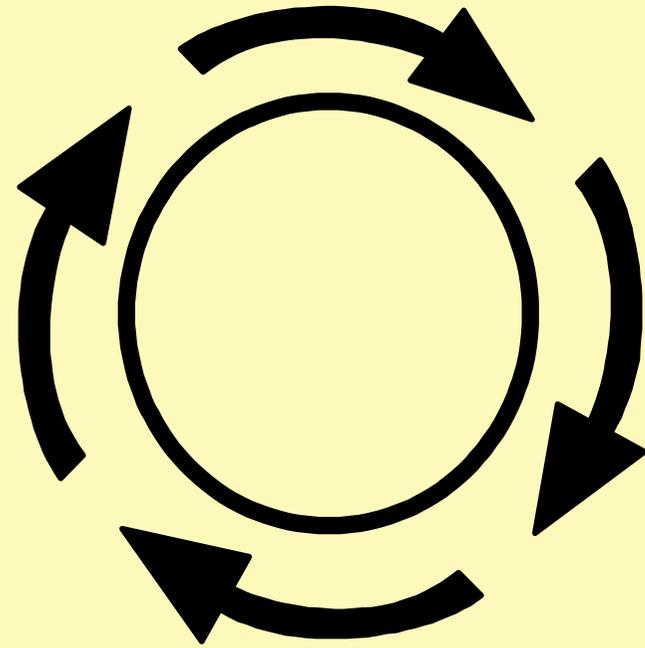
knee

take turns placing elbow to opposite knee. Direct home many times.



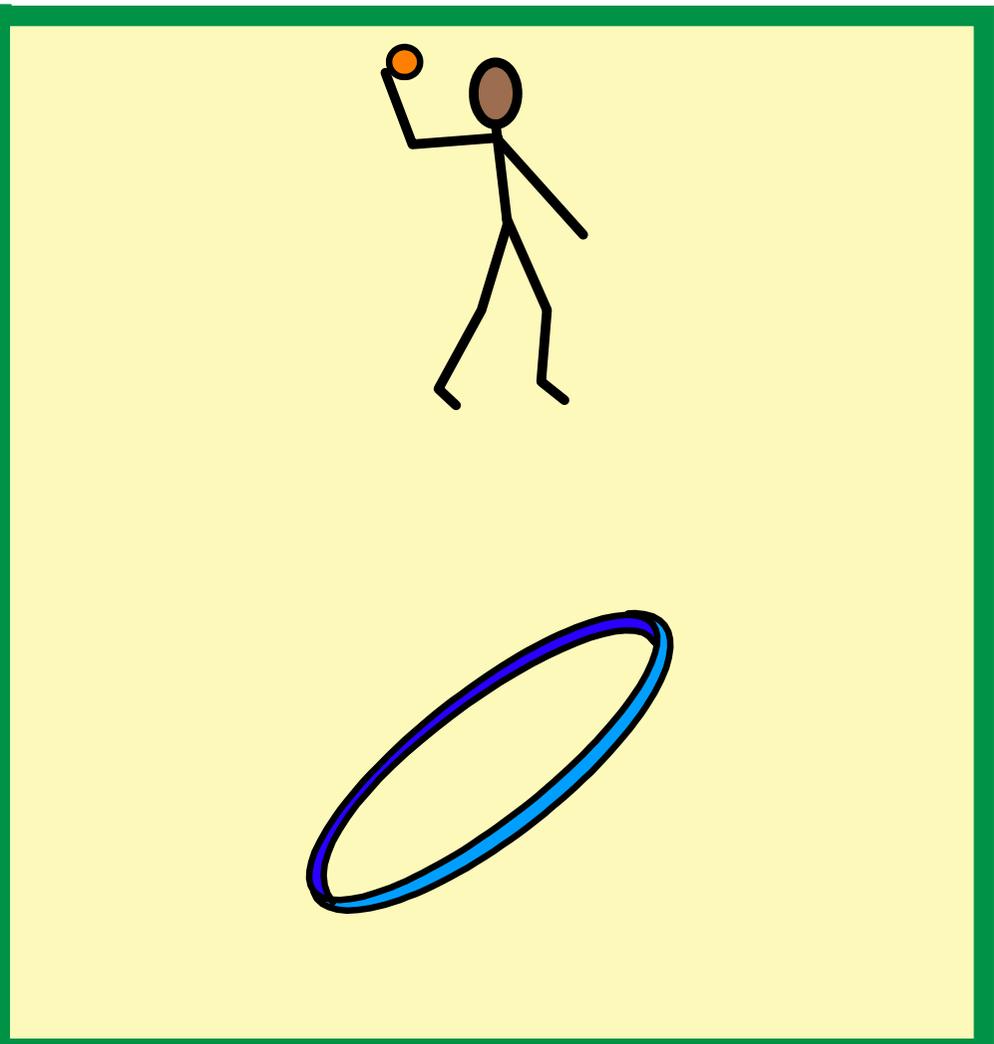
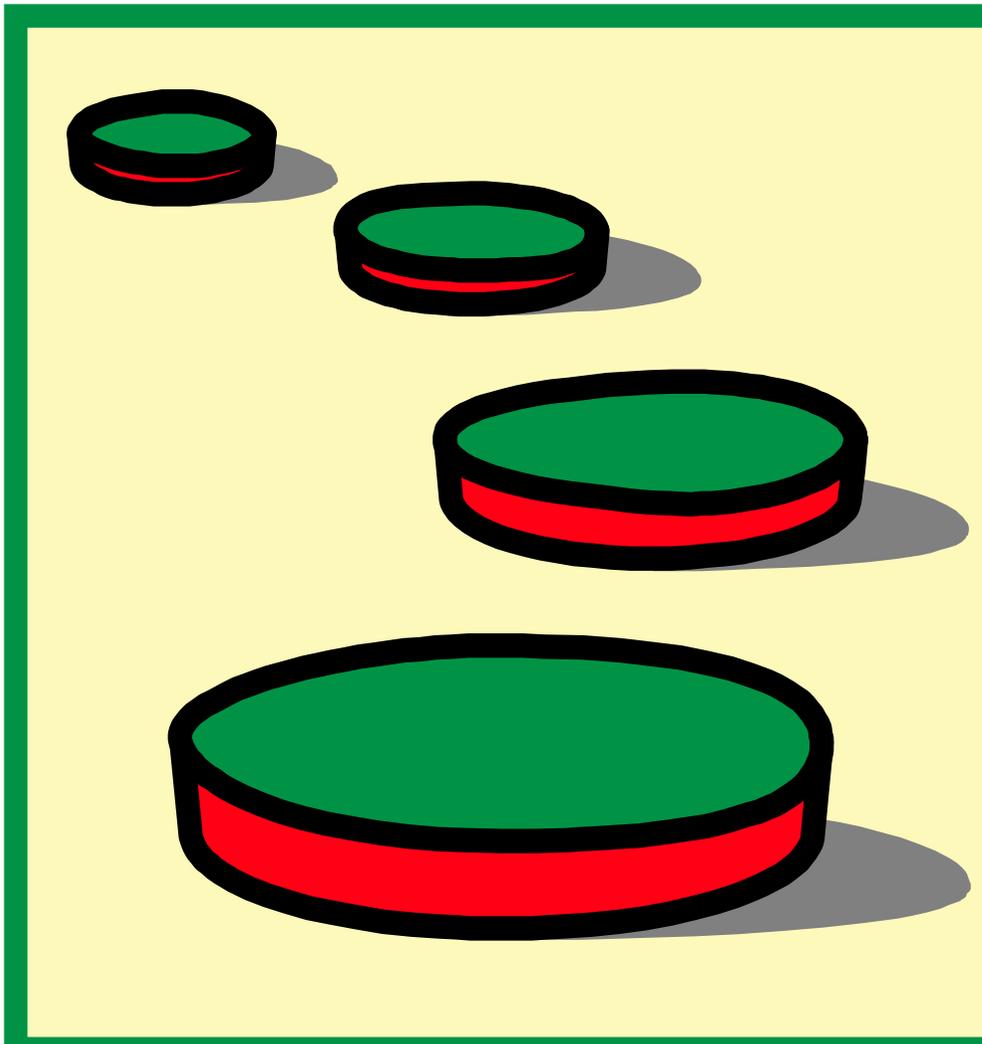
toes

flex and point toes



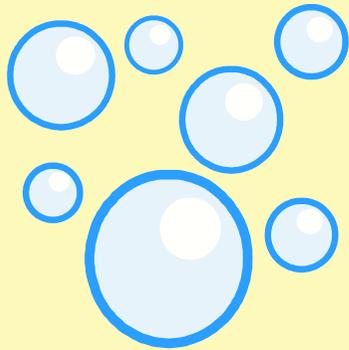
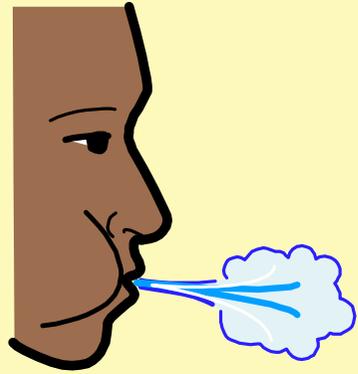
circles

model and direct arms straight out to the side, parallel to the ground and circle forward and backward.

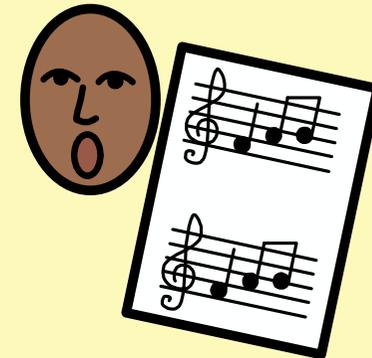


stepping stones

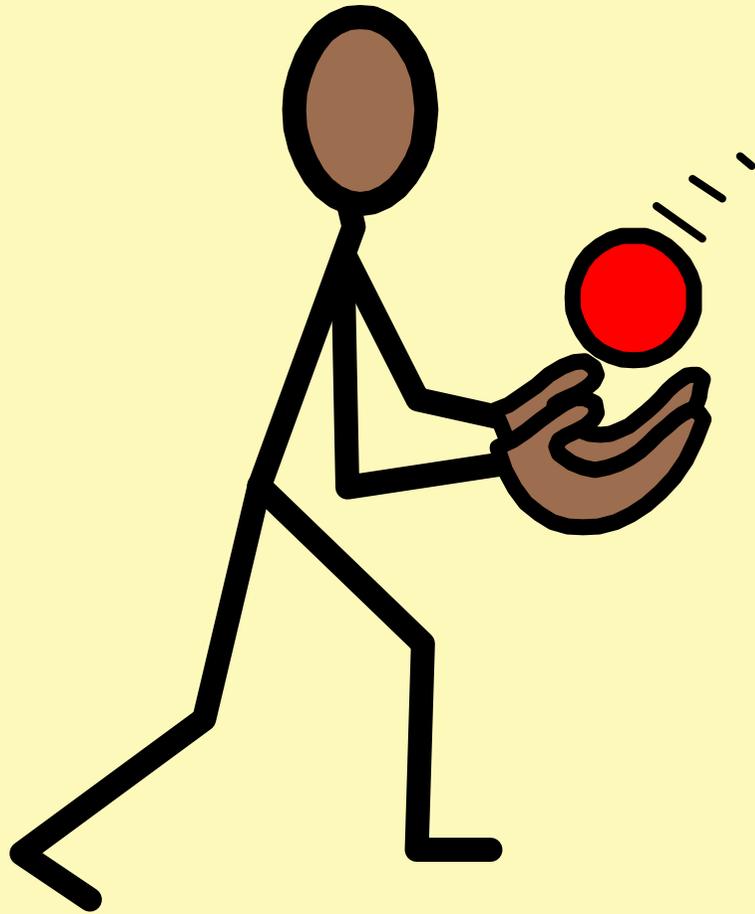
throw bean bag/hoop
into hola hoop



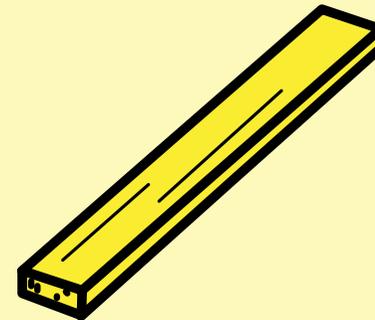
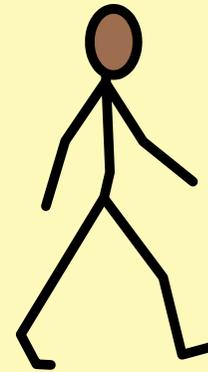
blowing bubbles



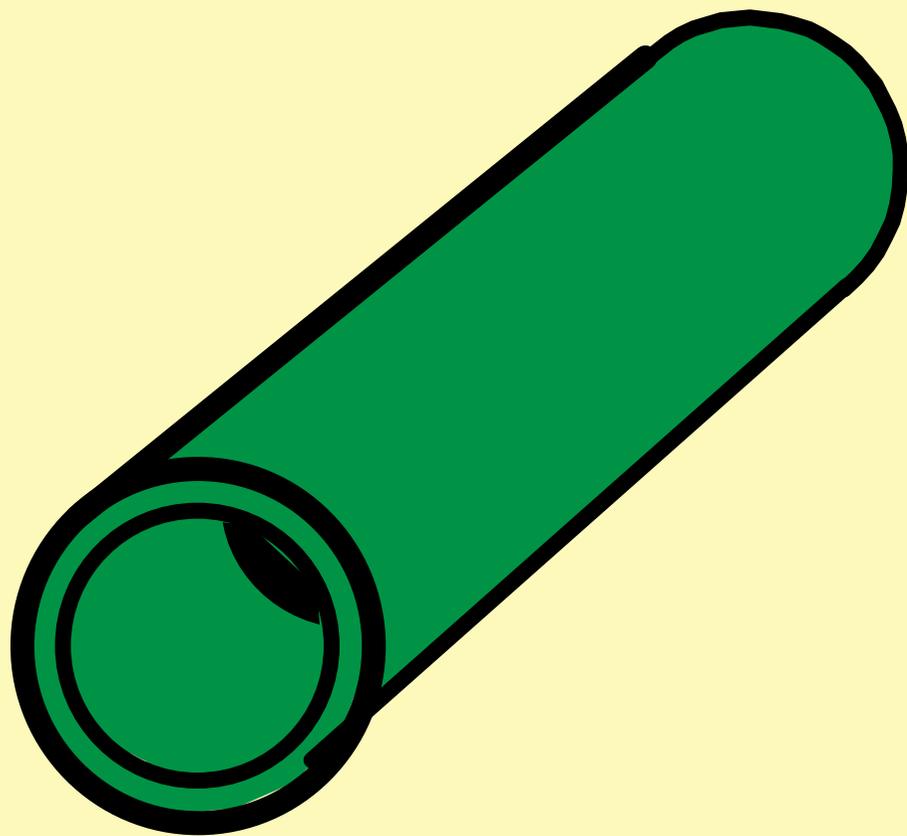
action songs
head shoulders knees and
toes/simon says



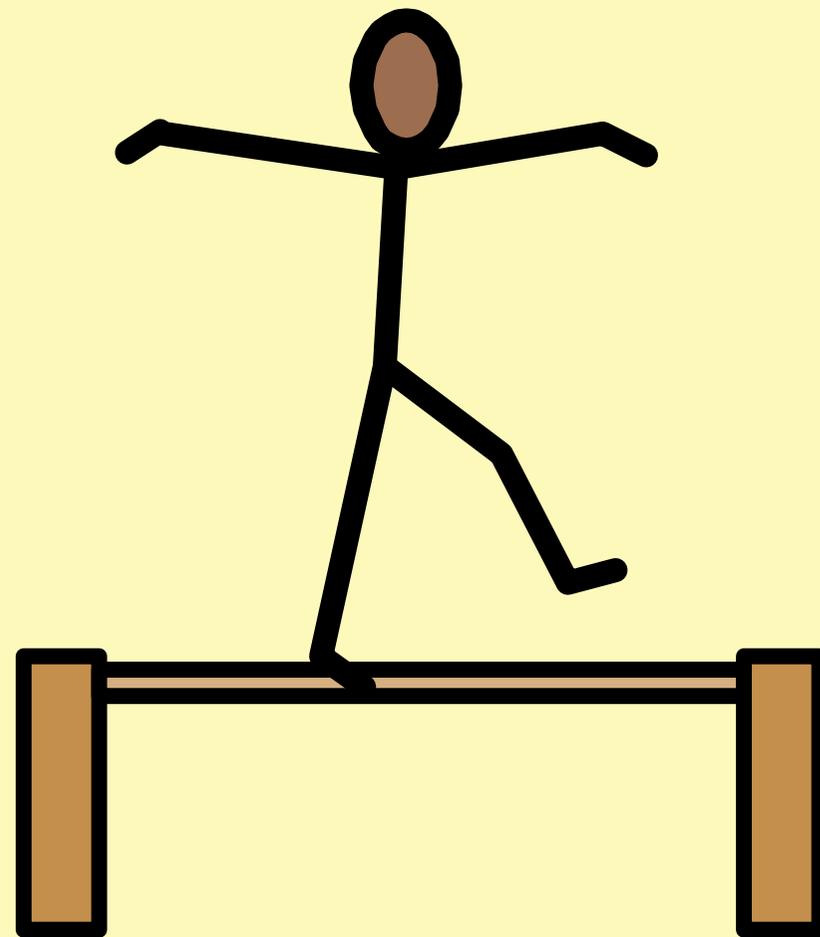
throwing and catching
bean bag/small ball



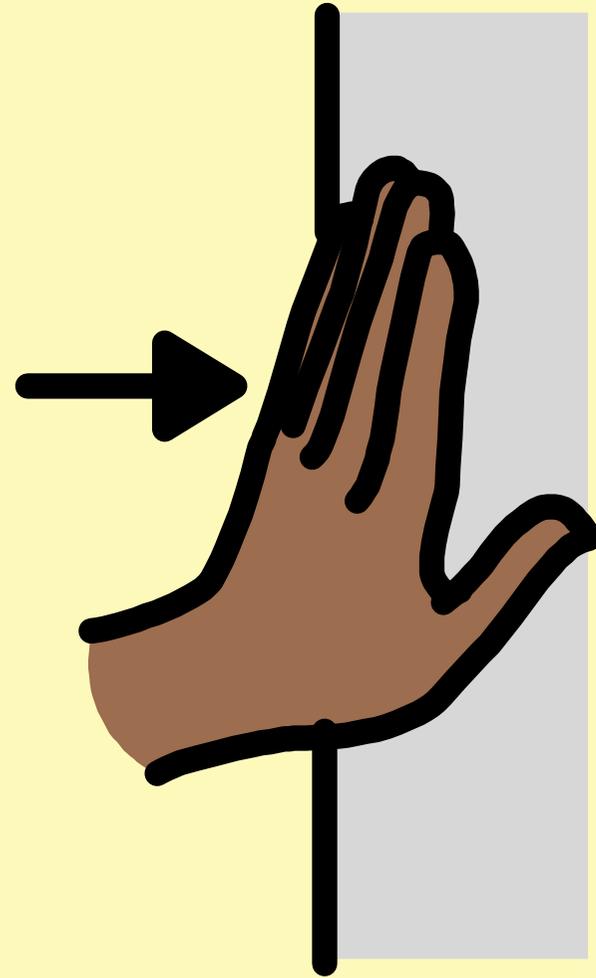
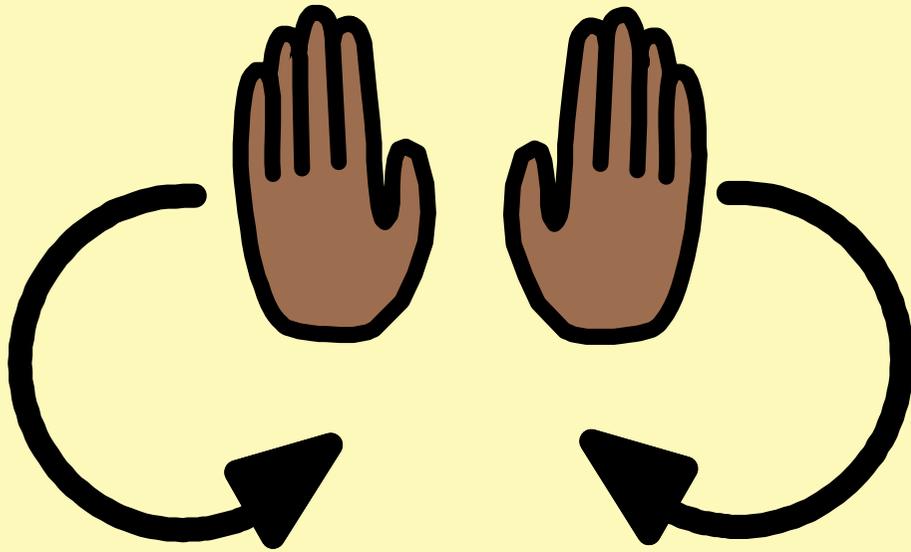
walking on balance
beam



through tunnel

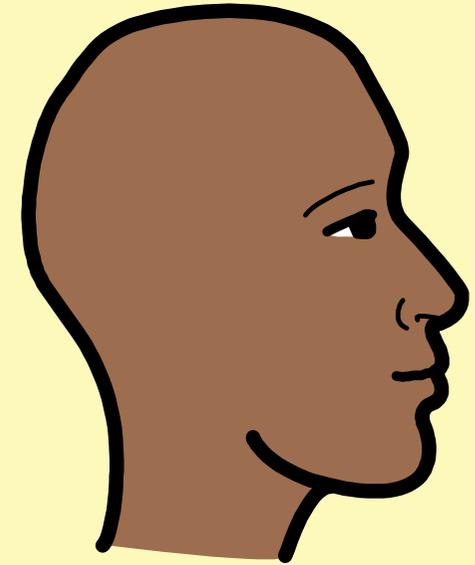
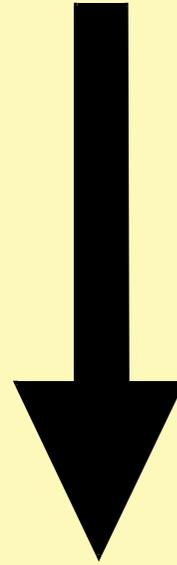
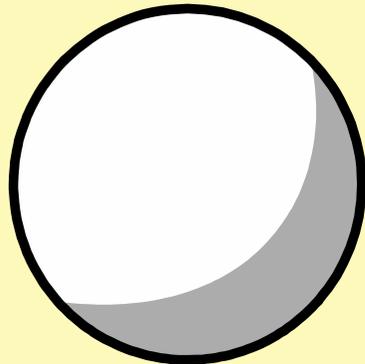
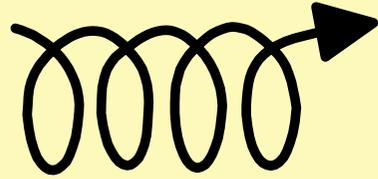


standing on one
foot



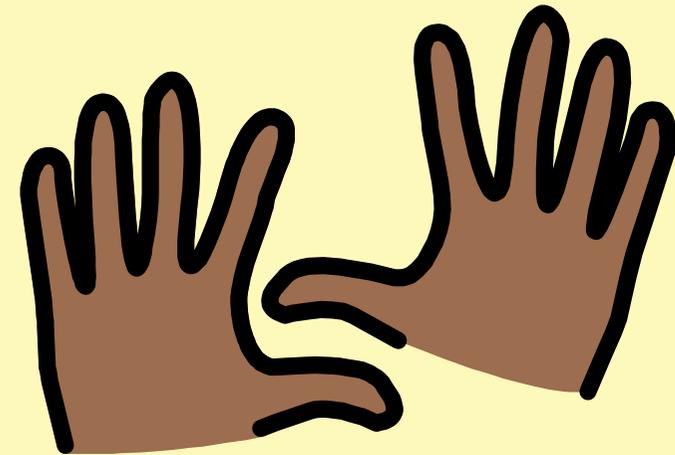
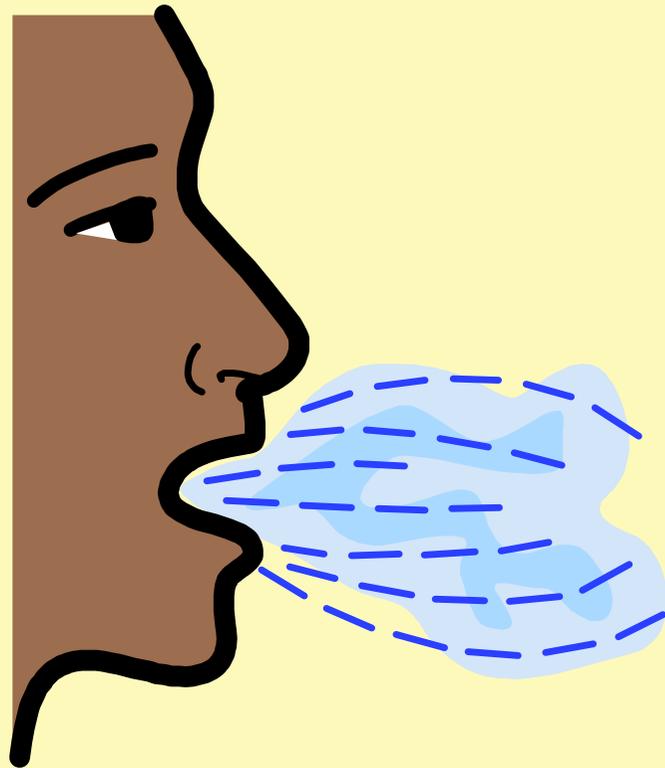
massage

press against the wall
10 times in a row



rolling over body
while lying down

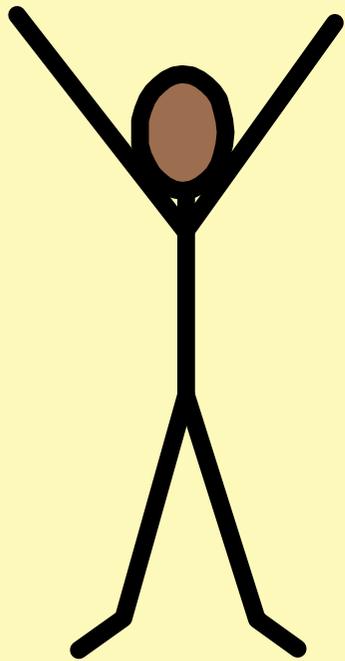
pushing down on own head 5 times
**Safety: ADULT NEVER PUSHES DOWN
ON CHILD'S HEAD**



hands

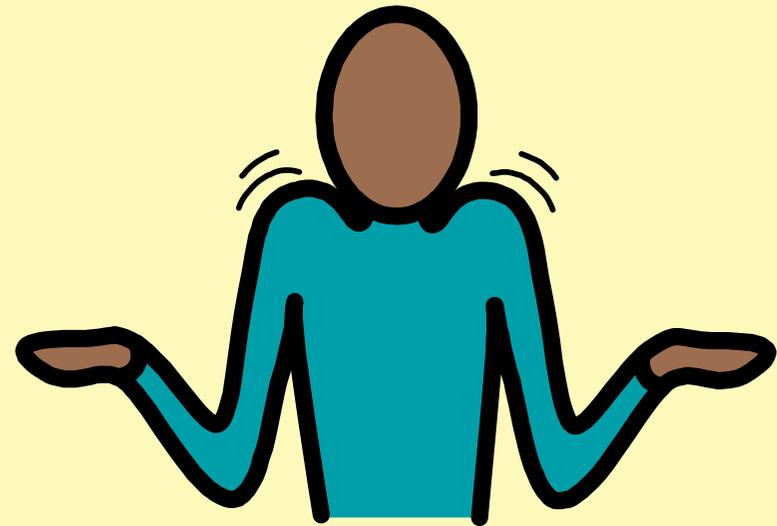
5 deep breaths .In through
nose out through mouth

model and direct child to push
hands together palm to palm for
3 to 5 seconds, release and repeat



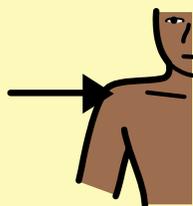
stretch

stretch up as high as you can go then slowly relax and lower arms



shrug

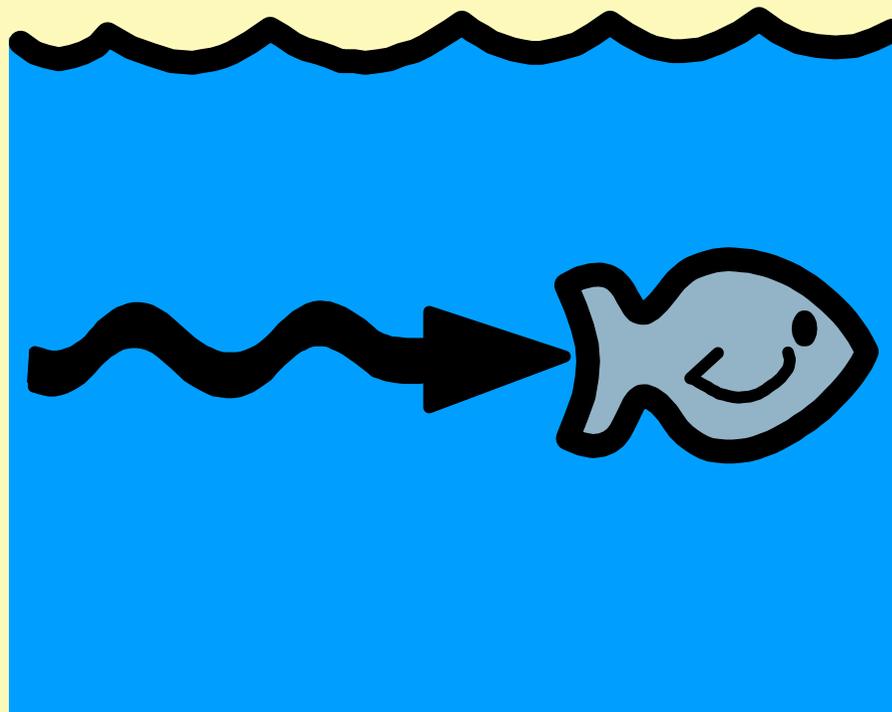
model and direct shoulder shrugs slowly up towards ears, hold for 2 - 4 seconds and slowly lower. Repeat 6 times



shoulder



squeeze



model arms crossing body to hold opposite shoulder to slowly squeeze then release. Repeat 6 times.

Sensory water play - using hydrotherapy pool walk in circuits around the pool or up and down. Water resistance will provide deep pressure. Model and encourage holding onto the bar, putting feet on the wall and pushing off. with support of floating aids encourage floating on back at end of session to promote relaxation and calming.