

Sensory Circuits at Home: Sensory circuits are short and snappy sensory motor activities which helps to set children up for the day. Children participate in a 10-15 minute session beginning with Alerting, Organising and then Calming. See examples of home based activities:

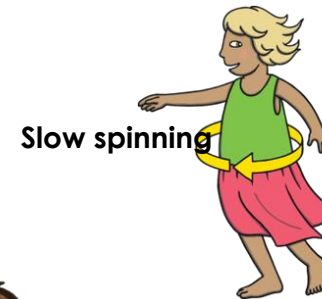
Suggested equipment: no special equipment – just things you have at home!



Alerting: these activities are designed alert energy and movement - Try a selection of these activities for around 5minutes – join in with your child!!



Star Jumps.



Slow spinning



Jumping on the spot



Bouncing on exercise ball



Hopping



Jumping on trampoline



Running & Walking up and down stairs/ steps.



Running on the spot



Running & Walking between toilet rolls or cans.

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Organising: these activities are designed to work both processing and balance – try for another 5minutes.



Egg and spoon walking: use a large serving spoon and a ball to make this easier.



Obstacle course; use chairs, tables, blankets and cushions to create an obstacle course for your child to crawl through.



Balance/ walk along lines on the floor: use masking tape on the floor to make simple lines!



Crawling: around table – backwards and forwards.



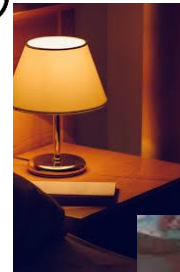
Throwing items into a box/ basket: soft toys or rolled up socks are great! – make it harder by jumping/ hoping!

Calming: these activities are all designed to provide deep pressure to help calm the nervous system – spend the last 5 minutes here.

Firm massage: any of back, hands, feet, and shoulders



Calming music – switch the lights off.



Blanket roll up:



Make the area comfortable with cushions and blankets – weighted blankets can be beneficial.



Cushion squashes: with a ball or soft cushion



Hand massages: with moisturising cream/ baby lotion.