

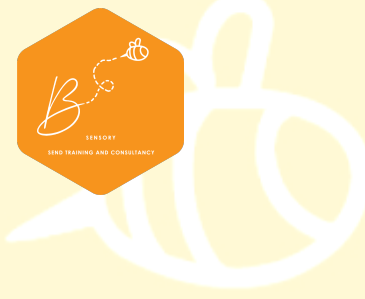


## Sensory Circuit Ideas

Alerting	Organising	Calming
Running on the spot	Balance on a beam	Curl up in a ball
Kick like a donkey	Throwing and catching games	Gentle rocking (on a gym ball or rocking chair)
Hop like a frog	Balance on one leg like a flamingo	Quiet tent/den
Crawling through tunnels	Log roll	Yoga
Scoot board	Commando Crawl	Gentle bouncing
Push-Ups or Wall Push-Ups	Passing the weighted balls	Beanbag squeezes
Use two fingers on both sides of the spine, give a light upward stroke 3-5 times.	Scooter board on belly and bottom (wall push-offs) 10+ reps	Light touch/hard touch (depending on the child) – have the student brush a feather over their arms, or squeeze their arms with their hands for deep pressure.
Upbeat music with a strong beat	Balance along a line	Wall push
Fast movement	Blowing bubbles	Sensory bottle
Arrythmical swinging	Blowing a ping pong ball (with an end or target)	Sensory light
Walking stilts or cans	Wobble boards	Meditation



Bouncing on a therapy ball	Heavy work (gives input to muscles and joints and causes fatigue)	Rocking slowly over a ball on the belly
Running (relay races, obstacle courses, etc)	Wall pushes with hands and feet.	Turning off the lights
Skipping	Obstacle course	Swinging in a large circle with the child facing an adult (no spinning)
Going outside	Putting up/down chairs	Laying under a heavy blanket
Jumping on a mini-trampoline	Crawling through tunnels	Soft, calming music
Swinging	Wheelbarrow walking	Use of body sock/lycra material to wrap the child in
Vibrations on the arms, hands or back	Jumping on trampoline	Hand fidgets (such as play dough, Wikki Stix®, Thera-putty, etc.)
Controlled spinning (no more than 10 repetitions at a time – do not do this if there is any known heart condition or seizure history)	Popcorn jumps (jumping from a squat position and then landing back in a squat position)	Heavy work (moving furniture, a stack of heavy books, pulling a weighted backpack/rolling cart)
Heavy work activities (moving a stack of books, re-arranging chairs, etc)	Resistance Bands	Use two fingers on both sides of the spine to give firm downward strokes 3-5 times
Jumping Jacks	Sitting on “move and sit” therapy ball during classroom activities	Laying on the floor while an adult rolls a ball over top of the child giving some deep pressure.



SENSORY