

Sensory Circuit Ideas

Alerting

- Skipping
- Trampoline/trampoline bounce (if you have one)
 1. Increase number of jumps before stopping/jumping higher
 2. Jumping around in circles/jogging
 3. Reciting times tables or catching a ball while jumping/ coping actions of helper
- Bounding sphere (exercise ball needed)
 1. Balance on the ball
 2. Bounce on the ball higher and for longer without stopping
 3. Bounce while throwing and catching/bouncing while copying actions
- Morning run
- Star jumps
- Hopscotch
- Hula Hooping
- Jumping from a high place to a low place
- Step ups

Organising

- Log roll
- Balance obstacle course
- Ball roll (exercise ball)
- Pulling yourself along the floor, lying on your tummy
- Simon says sequences
- Gymnastic ribbon exercises
- Ball pass – over under
- Spin in a circle then place hands on your head
- Throw and catch whilst balancing
- Walk along a rope bent into different shapes

Calming

- Press ups
- Push or pull activities
- Planking
- Ball squash (exercise ball)
- Wall press
- Chair sit ups
- Firm massage
- Walking up the wall