



## **Sensory Circuit style activities at Home**

### **Introduction:**

Always follow the 'lesson' in the 3-step order to develop your child's skills to follow instructions and routine.

- 1. Alerting (Wake Up)** - objective is to increase heart rate/breathing and wake up the body.
- 2. Organising/Thinking** - objective of exercise is to organise the brain and body to work together.
- 3. Calming/Relax** - objective is to provide deep pressure to feel calm and help regulate breathing and heart rate back to normal.

No more than 10 – 15 minutes max for whole session otherwise pupil may become bored/disengaged.

- Use a piece of paper or checklist on your phone to cross off the 3 steps as you work through them.
- Ensure you have your child's attention at the start of each section. Use a favourite soft toy to join in the activities.
- Use "Ready, Steady, Go...." or "3,2,1...go" to cue them in. Praise for following instructions or waiting.
- Score each session with your child using basic assessment scale of 3 emoji faces.



## **Recommendations for ALERTING exercises**

Choose one of the following.

### **Activity A**

Run on the spot for 10 seconds counting forwards backwards then repeat counting backwards.

Follow this with 10 star-jumps.

### **Activity B**

Pyramid Runs (working side by side) - First walk slowly together up and down the room/garden twice.

Then repeat walking quicker x 2.

Then jog.

Repeat the process so that you reverse back down to a slow walk.

### **Activity C**

Jump up high (MONKEY JUMPS) on the spot for 10 seconds.

10 frog jumps (low squat jumps) (Repeat).



## **Recommendations for Organising activities**

### **Activity A**

Tray Fast Sorting game.

Fast sort bean bags/multi – link Lego pieces into 3 corresponding coloured trays as quick as you can.

Repeat against the clock after a short rest if necessary.

### **Activity B**

Name game with ball.

Stand opposite each other and as you throw the ball to each other.

Call out names of items you would find on a beach/sports/food as you catch the ball.

Increase difficulty by standing on one leg.

### **Activity C**

Balancing along a skipping rope line with a bean bag or teddy on their head.

Crouch down at the end/ turn around and come back along the line.



## **CALMING/RELAXING recommendations**

### **Activity A**

Sausage roll in a blanket - Roll your child in a blanket slowly (press on their back gently as you roll them).

Be sure to keep their head clear!

### **Activity B**

Hulk tugs - Gentle tug of war with a blanket – allow them to lean back (cushions behind) and pull gently forward.

### **Activity C**

'Medieval' Stretches - Gently pull both arms above head x 5 whilst they are laying down (face up) to stretch upper body.

Repeat with legs.