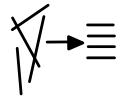


Sensory Circuits

Select one activity from each box beginning from left to right



Alerting



Organising



Calming

Jogging on spot
Scooter
Star jumps
Dancing
Trampoline
Bouncing on ball
Swinging
Running
Skipping
Wall pushes
Going outside
Step ups

Crawling
Balancing
Slow, rhythmic rocking
Slow, rhythmic bouncing
Wall pushes
Crawling through tunnels
Stepping stones
Walking upstairs
Rolling ball up wall with feet
Walking hands up wall
Balancing on chalk pattern
Catch heavy ball
Wheelbarrow walk

Listening to music
Turning off lights
Blowing bubbles
Relaxing on cushions
Gentle squeezing arms
Tickling feather on arms
Playdough squeezing
Wrapping in blanket
Roll ball over body gently
Lying under heavy blanket
Ribbons
Pillow on lap
Fidget toys