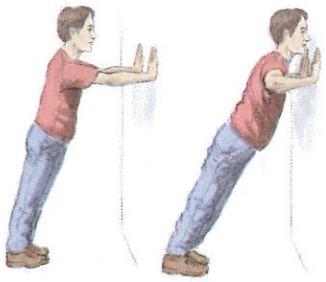
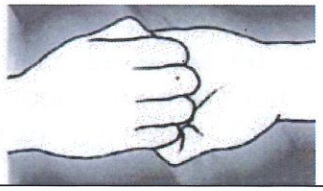
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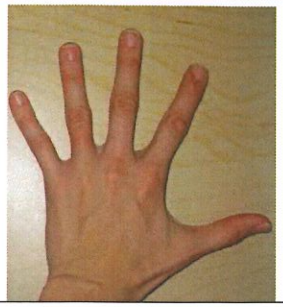
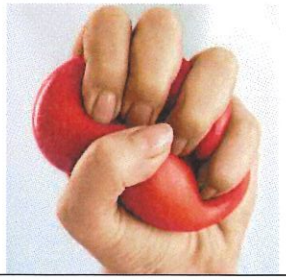
Kent Community Health NHS
NHS Trust

Sensory secrets

These activities provide Vestibular input (movement) and proprioceptive input (deep pressure). This produces a calming effect which helps to regulate attention and arousal levels. The first 2 movements could be carried out during transitioning times or within a movement break as they require more space. The remaining activities are more subtle and could be achieved sitting down at a desk.

Description	
1. Wall push-ups: Stand an arm's length away from the wall, with your hands at shoulders height, keeping your back and legs straight. Next, bend your arms as you move your chest and face close to the wall to perform a push-up. Complete a maximum of 10 push-ups (with breaks if required).	
2. Floor push-ups: Push-ups can be achieved on the floor (with knees on the floor or off the floor). Complete a maximum of 10 push-ups (with breaks if required).	 
3. Hug yourself: Cross your arms around your body and squeeze yourself for 3 seconds. Repeat this 3 times.	
4. Stretching: Stretch your arms up to the ceiling. This can be achieved in standing or sitting. Hold the stretch for 5 seconds and repeat 5 times.	

5. Chair exercises • **Sitting on Hands:** Place your palms on the chair seat and sit on top of them. Count to 5. • **Chair Press Ups:** Place your palms on each side of the chair, then push down whilst lifting your bottom off of the chair. Hold this position for as long as you can (up to 10 seconds). Make sure feet are off the floor, as this means you will put more weight through your arms. Repeat this 5 times.	
6. Pressing Hands Down on Desk: Stand up and push down forcefully on the desk, as if you are trying to push the table into the floor. Count to 10.	
7. Pushing hands: Place hands together with palms facing each other (praying hands) and then push as hard as you can. Hold this for 5 seconds and repeat 5 times	
8. Pulling hands: Link your fingers together (as in the picture) and try to pull your fingers apart. Hold this for 3 seconds and repeat 5 times.	
9. Rubbing Hands Together Vigorously: Pretend that you are washing your hands thoroughly (rub the outside and inside of your hands). Make your hands feel hot. Count to 10.	
10. Rubbing vigorously up and down one arm using the other hand: Rub up and down your arm whilst counting to 10. Repeat this on the other arm.	

11. Fingertip Tapping: Alternately tap each fingertip on the table, like you are playing the piano.	
12. Hands Spans: Spread fingers out and then close them. Hold the stretch for 3 seconds and repeat 10 times on each hand.	
13. Squeezing a soft (stress) ball. Squeeze the ball and roll it in circles/up and down on the desk. Alternate the ball between hands.	
14. Pushing down on head: Place both hands on top of your head and push down for 3 seconds. Repeat a maximum of 3 times.	