Sensory Circuits

Activity List

Alerting	Organising	Calming
NB. These are any high energy activities involving jumping up and down, running and spinning (all very alerting sensations). **Activities from the Manual:** • **Morning Run** – Running on the spot, round a track, and at different speeds • **Jumping Jacks** • **Trampette Bouncing** • **Bouncing Sphere** – Bouncing on Gym Balls • **Step Ups** – On and off a bench • **One Giant Step** – Jumping from a horse/bench onto a crash mat • **Crash Landing** – Jumping from the trampette onto a crash mat • **Hoop-La** – Spinning in both directions inside a hoop • **Space Race** – On Space Hoppers • **Skipping Ropes** • **Hopscotch** • **French Skipping** **Adapted Activities:** • **Running Games** – Involving running at different speeds, 'run and freeze', including different actions e.g. skipping, jumping, marching, star jumps, slow-mo walking, jogging, spint on the spot etc. • **Spinning in the spinner** • **Simple but high energy aerobics to music** • **Musical Statues** • **Parachute** – Make big, fast waves, and play running games underneath	NB. These are any more complex activities that demand the brain and body to work together (balance, co-ordination and concentration). **Activities from the Manual:** • **Log Roll** – Log roll along a line of gym mats, and then crawl back to join the que • **Rolling Ball** – Rolling on tummy over a peanut ball or gym ball (could collect bean bags and throw at a target) • **Balance Obstacle Course** • **Hand-Over-Hand Pull** – Either tug of war, or pulling themselves along the floor using a piece of rope • **Simon Says Sequences** • **Gymnastic Ribbons** • **Wobble** – Balance on a wobble board **Adapted Activities:** • **Crawling through a Tunnel and throwing a bean bag at target** • **Scooter board** – Laying on tummy on the board and using arms to propel. Collect bean bags to throw at a target or complete a course around the room • **Animal Walks** – Walk like a penguin, bear, crab, kangaroo etc. • **Therabands** • **Hula Hoops** – Position some big hoops in a line. Step in the first, lift it over the head and go under it, then move to the next and repeat. • **Parachute** – Crawling underneath	NB. These are heavy muscle work or deep pressure activities that give awareness of the body in space and increase the ability to self-regulate sensory input. **Activities from the Manual:** • **Press-Ups** • **Plank** • **Hanging from a Bar** • **Push or Pull** – Push or pull a weighted trolley around a course of cones • **Ball Squash** – Roll a gym ball over the body with medium pressure **Adapted Activities:** • **Wall Push ups or Push Down the Wall Game** • **Deep Pressure Massage** – To arms/legs/hands etc. • **Dots and Squeezes Hand Massage** • **Steam Roller** – All members of the class lay on their backs in a line. Roll a gym ball across them with medium pressure • **Vibrating Snake** • **Superman Stretch** – Lay on tummy and lift arms out in front and hold Always finish with **Stretch and relax.**