

# Sensory Circuit ideas

Hello children 😊

You can all still keep moving and enjoying sensory circuit time at home – I'm looking forward to hearing what you have been doing when we all get back to normal again 😊

The adult info!

Sensory circuits involve 3 types of activities; when used in order they can be effective in supporting your child to improve their levels of attention and focus. They can help to tackle sensory imbalances and support those with lots of energy to enable them to redirect it positively.

**Alerting** – to provide vestibular stimulation; preparing the brain for learning e.g. skipping, running, jumping jacks.

**Organising** – sorting and preparing the body and brain, providing situations to increase focus, attention span & performance; activities that require multi-sensory processing & balance e.g. climbing, balancing, throwing into a target, scooting.

**Calming** – Very important; to ensure children are calm and centred and ready to learn. e.g. press ups, ball squash, deep hand pressure, bear hug while wrapped tightly in a blanket.

Do you already have?

- **A trampoline** or mini trampet
- **Skipping ropes** – also useful for alerting, skipping can work on co-ordination, sequencing and speed and crossing the midline.
- Something to balance on: **balance boards**, **balance skateboards**
- **Tunnels** – These are great because they get children into a crawling position; providing calming sensory input. The change in position of the body and head provides a different sensory-motor experience while the weight bearing through the upper limbs is a wonderful way of developing upper limb strength and shoulder girdle stability imperative for fine motor skills. Place something fun to find in the tunnel 😊

- A variety of **bean bags**, **balls**, **cones** and **hoops** to turn activities into obstacle course games which develop hand-eye coordination and midline crossing
- You might also have at home some of the following:
  - Scooter boards
  - Targets
  - Ribbons
  - Stilts
  - Foldable hurdles
  - Soft ball bounce games

### **Fitting your circuit into your day**

Ideally the circuit should be done first thing in the morning before the your home school day starts. There are significant benefits from running it a second time later in the day as well.

It has been suggested that children ages 3-9 need a break every 15 minutes. Also children younger than 3 can really not be expected to focus for much longer than 5-10 minutes, and some much less than that.

Realistically this may not always be the case. So if you can at least get a break in every 1-2 hours, that is ideal. Breaks can last anywhere from 10-15 minutes.

Don't forget to add yourself in here as well 😊

Here are some extra ideas to try:

- Jumping Jacks
- Jumping on a mini trampoline or large outdoor trampoline
- Heavy work activities (filling a back pack/ruck sack and be your own house postboy/girl for the day! make up fun parcels to wrap and deliver to the people you live; help move and rearrange the table/chairs in the kitchen or lounge and set up a home school for your teddies and toys! any task that involves lifting and carrying)
- Crawling through tunnels or under objects
- Wall or chair pushes (push against the wall with both hands, bend elbows and straighten again 10 x)
- Animal Crawls (can you crawl like a bear? crab? frogs? seals? make it fun collect a bean bag at the end of the room and bring back again swap bean bag and repeat – aim by throwing it in a basket for to score points!))

- **Ball Pass** (Stand back to back and pass a ball by turning to the side in one direction, than reverse)
- **Ball Pits** (make your own by filling up a small swimming pool with balls)
- Biking
- Climbing trees
- Use fidget toys (such as putty, play dough, tangle toys)
- Chewing toys or tools such a Chewable Jewelry
- Play with a **parachute**
- Popcorn jumps (jumping from a squat position and then landing back in a squat position)
- **Wheelbarrow walking**
- **Obstacle course**
- Passing **weighted balls** back and forth
- **Scooter board** activities
- **Resistance bands**
- Bouncing on a therapy or **exercise ball**
- Listening to upbeat OR **calming music**
- Massage with an exercise ball, have it rolled up and down body with quiet music and dimmed lights
- Going outside for a walk; swinging where it's safe to do so
- Jumping jacks – aim for 10 and rest then repeat
- Skipping – aim for counting no. of skips in 10 seconds; rest – then repeat – can you beat your score?
- Running – laps round garden, lounge – over mini hurdles where it's safe to do so
- **Bean bag** squeezes
- Drinking water through a **water bottle with a Bite Valve**
- **Chewing gum**
- Using a **weighted blanket** or vest
- Lifting light **weights**
- Yoga moves
- **Headphones** to block out unnecessary noise

Have you tried?

**If your child can't still for long? try seating them on an exercise ball rather than a chair.**

**If they have restless feet, then attach a resistance band around the front two legs of a chair so they can push and bounce their feet against it without annoying everyone else.**

**I hope you all have fun with your sensory circuits 😊**