

Children's Choice therapy service

SENSORY CIRCUIT INSTRUCTIONS (SCHOOL)



ALERTING ACTIVITIES

1. Seated Bounces:

Encourage student to sit on the gym ball with feet flat on the floor (shoulder width apart). Either complete as many bounces as possible (*within a certain time frame e.g., 1min*) OR, count down from a certain number (*e.g., 20*).

2. Upside Down:

Ask student to sit on the gym ball and lean backwards (provide support to ensure child is safe and balanced). Student could remain in this position for 3-5 seconds and then gently sit back up. This could be repeated 2-3 times with a 30 second break in between. Alternatively, student could let his hands touch the floor, pause and then return to a seated position. Monitor how student is responding.

3. Ball Hugs:

This is the opposite to upside down. The student could try and remain balanced on the ball for 3-5 seconds (supported).

4. Ball Push-Ups:

Ask student to place hands shoulder width apart and do some push ups. These could be a certain amount within a time frame, or whilst counting down from 5.

5. Balance:

With support from an adult, ask student to remain seated on the ball (with feet off the floor). An adult can place their hands on either side of the child's hips (touching the gym ball only) and move the ball side to side/back and forth.

OR

Whilst the student is balancing play Simon Says and encourage student to touch different body parts. This could be symmetrical (both sides at once), or each hand could be touching a different body part (e.g. left hand on left knee and right hand on his toes. If this is too easy, encourage the to cross the midline (right hand on left knee and left hand on right knee).

6. Star Jumps:

How many star jumps can you do in a certain time frame? Or count down from 20.

7. Skipping:

Either in a static spot or whilst walking across a line/ towards target.

ALERTING ACTIVITIES

8. **Jumping:**

Jumping from one spot to another, or along a line. Student could also practise hopping or leaping like a frog.

9. **Sprinting:**

Towards a target 2-3 times or on the spot.

10. **Wheelbarrow Walking:**

With a partner.

11. **Trampette Jumping:**

Within a certain time frame, or counting down from a number e.g. 20.

12. **Dancing:**

YouTube videos of simple dance routines.

13. **Scooter Board Games:**

Recommend purchasing the Scooter Board Activities: Fun Deck by Super Duper Publications cards for ideas.

14. **Over/ Under Ball Passes:**

To be completed in a larger group.

15. **Star Jumps**

Counting down from a number, or as many as possible in a time frame.

16. **Spinning Toys**

Table spinning toys, or hula hoops etc.

17. **Sprinting**

Towards a target or 'racing'.

18. **Straw Football:**

Using a cotton ball and straws, place them on the table with 2 goals (approx. 50cm apart). In pairs encourage the students to blow through the straws to score a point.

ORGANISING ACTIVITIES

1. Stretching/ Targets:

Encourage student to lie on the gym ball on their tummy and reach towards a target e.g. a bean bag or cushion. This can be completed whilst the gym ball is moving, with the targets on the floor. The student can then roll over the gym ball, walk on their hands (until the ball reaches their thighs), touch the target and then return to the starting position. Sorting and organising games can be played in this position, including simple puzzles.

2. Tunnel Crawling:

Place an empty puzzle at the end of the tunnel and all of the pieces at the beginning of the puzzle. Ask the student to crawl through the tunnel with one piece at a time and complete it. Other games include playing hangman or with simple Lego.

3. Ball Games:

Catching, kicking, throwing or rolling towards a target/with a partner.

4. Sorting:

Whilst on tummy, student could complete a puzzle or sort objects into baskets e.g. all green, blue and yellow). If this is too easy, Student could sort a small pile of Lego and then build something (build whilst seated on the gym ball—at a table).

5. Follow the Trail:

Place a piece of coloured tape from the wall, to the floor (in one solid and straight line/ use a target). Ask student to roll the gym ball up the wall, until the ball is slightly above their head. This can be completed 2-3 times. Encourage student to go slowly. Alternatively, a line of tape can be placed around the whole circumference of the gym ball. Student can then match the lines. This activity can also be completed whilst sitting on the gym ball and rolling a smaller ball (e.g., a football).

6. Ball to Toes:

Whilst lying on the floor on your back, start with your bottom touching the wall and feet up the wall. Hold a small ball (football sized) above the child's head with both arms stretched out. Keeping both your arms and legs straight (raise your arms and lower your legs) until your toes touch the ball. Repeat this process 2-3 times.

7. Gym Ball + Cones:

Place 5-7 cones in a straight line, with plenty of space in the middle for the gym ball to pass through. Weave and roll the gym ball through the cones. Make this activity harder by placing the cones closer together, or adding more.

ORGANISING ACTIVITIES

9. Foot Passes:

In pairs, ask student to lie on backs with feet nearly touching. Try and pass the ball from hands to feet, to partner's feet. This can be completed with multiple balls that are then placed in a basket/padded mat.

10. Lego:

Short and simple Lego constrictions games for 3-5mins. This can be completed whilst seated on the gym ball, or on your tummy on the floor.

11. Bean Bag Balancing:

Can be completed as a part of a circuit or as an individual activity e.g. along a line.

12. Popping Bubbles:

Using both hands (encourage student to cross arms over).

13. Balloon Game:

Blow up a medium sized balloon and encourage student to tap the balloon around the room. To make this activity harder, restrict movement by asking student to remain on the carpet or within a large confined space. This game can also be completed in a small groups and pairs.

14. Wheelbarrow Walking:

In pairs, ask Student to walk on his hands towards a target and back, or in and out of cones.

15. Threading/Sorting Games:

Any fine motor/construction types of games. Can be completed at the table (on a gym ball or chair). Or on the floor in a prone position (on tummy).

16. Theraputty/Play-Dough:

Encourage student to roll/pinch and squeeze. Small objects can be hidden inside and sorted e.g. red, blue and yellow beads.

17. Balancing:

Along upside down benches or along lines on the floor.

18. Log Rolls:

Towards a target and back.

19. In inity Walk

Walk around 2 chairs in a figure of 8 motion 2-3 times. Then repeat with eyes closed (slowly).

CALMING ACTIVITIES

1. **Yoga:**

Please find included separate resources. Alternatively, YouTube offers plenty of age appropriate yoga activities. This activity should be 3-5mins long. For example 3-5 activity cards whilst an adult demonstrates and student copies. Begin with easy cards before increasing the difficulty.

2. **Animal Yoga:**

Please find included separate resources. Alternatively, YouTube offers plenty of variety.

3. **Ball Squashes:**

Ask student to lie on a soft mat, with hands above head (palms on the floor) and cheek touching the mat. Encourage student to relax and breath regularly. Place the gym ball on student's back and lean on the ball gently. Continuously check with student if the pressure is ok before adding more weight. Apply, deep but firm pressure on the gym ball. You can then roll the gym ball between students lower and upper back. Complete this activity for 1-2 mins (ideally in a quiet and dark room).

4. **Sensory Bins:**

Sensory table top activities e.g. playing with slime, sand or a mixture of wet/dry materials. Can be completed whilst seated on the gym ball (at the table), or on the floor (lying on tummy).

5. **Bubbles:**

Blowing bubbles for 1-2mins.

6. **Weighted Blanket & Story:**

Read or listen to an audio book for 3-5mins whilst sitting in a bean bag with a weighted blanket.

7. **Wall Pushes:**

Palms flat against the wall and do 'push ups' against the walls. Or lie on the floor and push against the wall with your feet.

8. **Commando Crawling (without a net):**

Ensure knees are covered.

9. **Push/Pull Heavy Items: (Heavy muscular work)**

Organising/helping around the classroom e.g. stacking chairs, moving tables or helping to set up for P.E.

10. **Therapy Band:**

YouTube: 'Fitness Band Fun for Kids with HandeeBand!' have plenty of exercise ideas.

CALMING ACTIVITIES

11. **Tummy Time:**
Drawing on the floor, or completing a puzzle (ideally not iPad).
12. **Pilates/Plank Exercises:**
YouTube videos for exercises to follow.
13. **Body Outline:**
Similar to body mapping, ask student to lie on the floor, on a large piece of paper whilst an adult draws around his outline. Use multiple colours and Student can then colour in his body, or collage/draw images of his favourite things.
14. **Hand/Feet Massage:**
Using hand cream or bubble water.
15. **Burrito Roll:**
Encourage student to lie on top of the edge of a blanket. An adult can then roll student in a log/burrito shape and leave him inside 10-30 seconds (or longer if preferred).
16. **Breathing Exercises**
YouTube videos to follow.
17. **Joint Compressions:**
OT to demonstrate.
18. **Fidget Toys:**
1-2 mins playing with a chosen fidget toy.