



Sensory circuit.

Sensory Circuit is a sequence of activities which are repeated to provide a child with the right type of sensory input. The circuit should be active, fun and physical so that the children really enjoy it. The best times to run a Sensory Circuit are first thing in the morning, and if possible, you could repeat after lunch. The idea is to start with something alerting, and then end with a calming exercise. The order of a sensory circuit is very important.

Here are a few ideas that you can do with your child in the mornings to get them ready for the day. These activities can either be completed indoors or outdoors. These activities only take around 5 minutes per day.

| | Alerting activity | Calming activity |
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| Monday | <p>Tuck jumps. Do 10 tuck jumps. Show me how many tuck jumps can you do without stopping.</p> <p>Tip toe walking. Can you tiptoe fast? Next tiptoe slow. Show me what other ways you can tiptoe around.</p> | <p>Deep Breathing. Find somewhere quiet. Sit comfortably and take 10 deep breaths. Repeat this as many times as you want.</p> |
| Tuesday | Wall warm up. | Music Time. |

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| | <p>Find a wall. Show me how many arm pushes you can do in a minute?</p> <p>Do a dance. Put on your favourite music and dance around like no one is watching.</p> | <p>Find somewhere quiet and listen to your favourite song. Use headphones if you can.</p> |
| Wednesday | <p>Animal antics. Use your body to pretend to be different animals. Show me how many animals can you do with your body.</p> <p>Do a 5-minute workout. Joe Wicks does a 5-minute workout and its super fun.</p> | <p>Peanut rock. Find a space. Tuck your knees into your chest. Now rock backwards and forwards?</p> |
| Thursday | <p>Crab walk. Can you walk faster forwards or backwards? Have a crab race. Show me how you can crab walk sideways?</p> <p>Knee highs. Run around bringing your knees up high.</p> | <p>Deep Breathing. Find somewhere quiet. Sit comfortably and take 10 deep breaths. You could also do this and listen to some nice calm music.</p> <p>https://www.youtube.com/watch?v=bILy6WatrSI</p> |

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| Friday | <p>Bunny Jumps. Show me how far can you travel doing bunny hops. How high can you jump? Who can jump the highest?</p> <p>Toe touches. Do 10 toe touches. Reach up high and then bend down and touch your toes. Remember your arms and legs should stay straight. See if you can you do sitting toe touches?</p> | <p>Calming music. Listen to some calming music for a few minutes. Now close your eyes and imagine you're in your favourite place. Think about where you are, who you are with and what you are doing.</p> <p>Now can you tell me where you are? what are you doing? Who are you with?</p> <p>https://www.youtube.com/watch?v=R2TBJPXtnAs</p> |