

SENSORY CIRCUITS HOME ACTIVITIES

As your child is currently participating in (or has previously taken part in) Sensory Circuits, I am sending some activities in case they may be useful over the weeks to come. They focus on the same areas we work on in our sessions, but require minimal equipment.



Alerting

- Skipping
- Jogging on the spot
- Jumping or step ups



Organising

- Walk along a straight line without wobbling off it, eyes fixed on a spot ahead to help balance.
- Pass a ball/bean bag round leg, behind back
- Log rolls, hands clasped & arms stretched out above head
- Infinity Walk: walk round 2 chairs, in and out in a figure of eight. Repeat with eyes closed
- Stand inside a hula hoop that is on the ground. Spin, without going outside the hoop. Stop, stand still Press hands down on head.

- Crab walk



- Bend a skipping rope/string into different shapes. Walk along it. Jump over it from side to side

- Bear walk



- Make scoops from plastic bottles & use to catch bean bags/a ball
- Obstacle courses: Go over and under a chair. Climb over a chair, through a hoop, then roll on a mat or the floor
- Commando crawling



Calming

- Press-ups on a wall: Count to 10. Repeat 3 times



- Press-ups on a wall: Upside down
Walk up the wall, put feet flat on the wall and count to 10 before walking down the wall. Repeat 3 times.



- Half press-ups from the floor: Push up from knees not from the feet.
- Chair sit-ups: Place hands on seat of chair by thighs and lift bottom off seat of chair by straightening arms. (Parent/carer says, "Push"). Then relax for a few seconds. (Parent/carer says, "Relax"). Repeat 3 to 5 times.
- Wheelbarrow walk

