Newham London

# Sensory Circuits at Home:
Sensory circuits are short and snappy sensory motor activities which helps to set children up for the day. Children participate in a 10-15 minute session beginning with Altering, Organising and then Calming. See examples of home based activities:
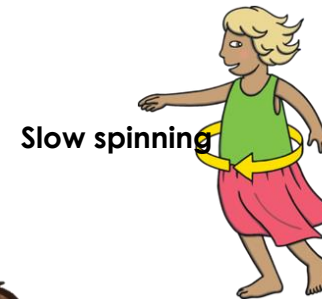
## Suggested equipment:
no special equipment – just things you have at home!

## Alerting:
these activities are designed alert energy and movement - *Try a selection of these activities for around 5minutes – join in with your child!!*

**Star Jumps.**

**Slow spinning**

**Jumping on the spot**

**Bouncing on exercise ball**

**Hoping**

**Jumping on trampoline**

**Running & Walking up and down stairs/ steps.**

**Running on the spot**

**Running & Walking between toilet rolls or cans.**

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## Organising: these activities are designed to work both processing and balance – try for another 5minutes.

**Egg and spoon walking:** use a large serving spoon and a ball to make this easier.

**Obstacle course;** use chairs, tables, blankets and cushions to create an obstacle course for your child to crawl through.

**Balance/ walk along lines on the floor:** use masking tape on the floor to make simple lines!

**Crawling:** around table – backwards and forwards.

**Throwing items into a box/ basket: soft toys or rolled up socks are great! –** make it harder by jumping/ hoping!

## Calming: these activities are all designed to provide deep pressure to help calm the nervous system – spend the last 5 minutes here.

**Firm massage:** any of back, hands, feet, and shoulders

**Calming music –** switch the lights off.
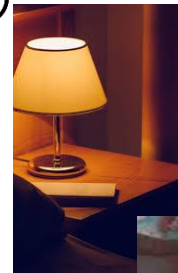
**Blanket roll up:**

**Make the area comfortable with cushions and blankets –** weighted blankets can be beneficial.

**Cushion squashes:** with a ball or soft cushion

**Hand massages:** with moisturising cream/ baby lotion.