









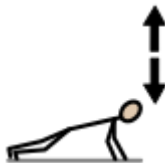






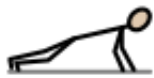




Sensory Circuits Pick and Mix

Choose an activity from each section to make your own Sensory Circuits course. You can use items from home and change the activities to make a brand new course each time.

Choose 1 Alerting Activity		Choose 1 Organising Activity		Choose 1 Calming Activity	
 Bounce on a ball	 Dance	 Balance or walk along a line	 Throw and catch a ball or throw at a target	 Squeeze or hug a pillow	 Wall press
 Jump up and down 10 times	 Jumping Jacks	 Army crawl or crawl through a tunnel	 Simon Says	 Press ups	 Curl up into a ball
 Run or jog	 Skipping	 Step up and down	 Hopscotch or balance on one leg	 Stargazing	 Plank

