

Sensory circuits for home

Sensory motor input is essential for our brains and bodies to work together. We need regular doses of this to keep ourselves in a calm, alert state.

Below is a simple sensory circuit of prescribed activities to provide structured sensory input for you and your child. It is best done daily at the same time each day. It should take no longer than 10 minutes.

Activities fall in to 3 sections:

Alerting:

The aim of this section is to provide movement (vestibular) stimulation to help wake the body up and prepare the brain for learning and focus.

Organising:

This includes multi-sensory processing and balance. The individual needs to organise their body, plan their approach and do more than one thing at a time. Activities such as climbing, hopping, balancing and throwing a bean bag into a target help develop focus and attentional skills.

Calming:

Activities which require some resistance to help the child feel calm and organised. The order is important!

Activities can be graded (made harder or easier) depending on your child's ability and need. Keep it fun and motivating!

Remember it is the responsibility of the supervising adult to ensure all activities are safe and appropriate for your child.



Alerting

Star jumps - how many can you do in 30 seconds?



Running on the spot - Can you keep running for 30 seconds? Alternate running fast with jogging.





Organising

Tree pose: can you balance on one leg and count backwards from 20? Or practice your times tables whilst balancing.

Use a chair as support if required, whilst practicing.



Then try throwing and catching some rolled up (clean) socks at the same time as balancing on one leg. Or use a bean bag or a soft ball. For 20 catches. You can also throw and catch in tall knee or one half knee positions.



Calming

Wall push-ups: Keep elbows in. Keep back straight, breathe out as you lower towards the wall. Make it a slow, sustained movement. Can you do 10? Or 20?



Calming

Plank. Keep body straight, use your core muscles and breathe as you count how many seconds you can hold the position. Start with 5, then rest then repeat. See if you can increase over the weeks!



Well done, you have completed your sensory circuit!

Try and do it every day and increase the challenge when you can.

Thanks to Jane Horwood OT for devising sensory circuits.

