



SENSORY CIRCUITS

WITH NO/LIMITED EQUIPMENT OPTIONS SUITABLE FOR HOME

WHAT IS IT?

- A circuit following a specific order:

- ▲ **Alerting:** vestibular input where the activity involves the head moving up/down/through space at speed
- **Organising:** completing more than one thing at a time. Focuses on activities that require motor skills, balance, co-ordination and timing.
- **Calming:** proprioceptive input, includes static and active activities to support young people in reaching a regulated state
- Supports people to transition into a 'just right' level of alertness
- Supports gross motor development and sensory processing needs

CIRCUITS IS FOR EVERYONE

It can help with young people who:




- Like to move, fidget or change position a lot
- May need extra support to feel alert and regulated, especially during uncertain times (e.g. school closures)
- Benefit from additional opportunities to work on their motor skills
- Experience sensory processing differences
- Benefit from support to maintain focus and attention
- Have high levels of energy



SENSORY CIRCUITS







CONSIDERATIONS..

- If possible have up to 2 or 3 activities per station
- Some young people may need activities modelling/demonstrated to them prior to participating
- Always end with a calming activity
- The circuit may need to be graded up or down in difficulty depending on the young person for it to be effective
- Indicating the station via a visual such as (  ) means circuits are adaptable depending upon the kit available, though visuals remain consistent to support understanding
- When facilitating a circuit consider your 'therapeutic use of self' i.e. calming energy/tone of voice during a calming station.

QUICK CIRCUIT

a full circuit with one piece of kit is possible:

-  **Alerting:** sitting and bouncing on a peanut/exercise ball
-  **Organising:** lying over the ball to complete a sorting activity
-  **Calming:** Lying under the peanut ball for a deep pressure massage

Although this is not as thorough, something is better than nothing 



ALERTING



NO KIT

- Jumping
- Star jumps
- Marching on the spot
- Shuttle runs
- Skipping
- Hopping/balance activities
- Dancing

MINIMAL KIT

- Bouncing on Exercise ball/Peanut ball
- Bouncing on a Bosu
- Balancing on a wobble cushion
- Skipping rope

BE MINDFUL...

- Vestibular input can have a delayed effect of up to 7 hours
- Support structured access and count down to transition i.e 10 bounces, 15 jumps
- 'low arousal' individuals may need longer at this station whilst 'over alert' individuals may need less

BIG KIT

- Trampoline/Trampette
- Swinging
- Being pulled on a sled/scooter board
- Rocking using wooden bridge



ORGANISING

Shine
THERAPY

NO KIT

- Simon Says (include activities that encourage crossing midline)
- 'Balancing' on a taped out track on the floor
- Hopscotch
- Rolling a tennis ball on a track made of tape on the wall

MINIMAL KIT

- Bouncing on Exercise ball/Peanut ball
- 'Step ups' onto a bench
- 'Egg' and spoon race
- Throwing/Kicking ball into a target
- Stepping stones
- Scooter board (i.e around cones/collecting items/pulling self)
- Balancing on a wobble board/bosu (incorporate throwing/catching picking up activities as appropriate)
- Balance beams (incorporate throwing/catching picking up activities as appropriate)
- Rolling over a peanut ball to complete activities (jigsaws/throwing) or walking their hands back and forth
- Using straws to move items from A to B (i.e organise by colour) or blowing them around a taped track/into a goal)
- Using their feet whilst sat on a chair to move bean bags from one side into a target on the other



CALMING



NO KIT

- Crawling
- Animal walks (bear/crab etc)
- Push ups (on floor, against wall, from char)
- Wall sits
- Wheelbarrow walks
- Stretching/Yoga
- Bear hugs
- Wiping tables
- Taking out/putting away heavy items
- Tearing cardboard for recycling

MINIMAL KIT

- Catch/Rolling a weighted ball
- Tug of war
- Weightbearing through arms over a therapy roll
- Pulling theraband
- Filling and emptying buckets of water
- Lycra body sock
- Peanut ball massage (please encourage the young person to lay on their stomach and be mindful of their head)
- Weighted walk
- Static Kit (weighted sandsnake/blanket etc.)

BIG KIT

- Climbing frames/Rock climbing
- Climbing over bridges
- Pushing a wheelbarrow/weighted pram
- 'Sandwich game' (the young person lies on a mat and large beanbags/another mat are placed on top of them (please be mindful of their head))