

Sensory Circuit Activity Ideas – Samantha Pearce Paediatric Occupational Therapist

Alerting

The aim of activities in the alerting section is to 'wake up' the senses in preparation for learning. The majority of activities in this section involve movement.

Suggestions:

- Bouncing up and down whilst sitting on a therapy ball
- Skipping
- Jumping on a trampette
- Star jumps
- Running on the spot
- Hopping
- Vibrating atom massagers



Organising

The aim of activities in the organising section is to challenge the brain and body to work together to increase a child's ability to focus and attend. The majority of activities in this section involve heavy muscle work.

Suggestions:

- Balancing on a wobble board
- Walking along a line
- Log rolling
- Taking giant steps
- Rolling over a therapy ball led on your tummy
- Tug of war
- Scooter board activities
- Ribbon sticks
- Wall push ups
- Crawling through a tunnel
- Putty
- Animal Walks



Calming

The aim of the activities is to calm down and integrate the sensory input from the previous sections so that the child can transition to the next activity.

Suggestions:

- Massage using deep pressure touch
- Pilates plank exercise
- Firm hugs
- 'Squashes' / 'hot dog' roll (rolling a therapy ball over the child's back when they are led on their front. Avoid the head.

