



















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