

Home Based Sensory Circuit

Alerting

Alerting - jogging on the spot



Alerting - jumping jacks

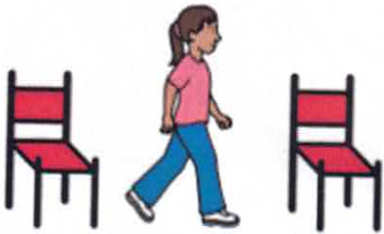


Alerting - arm circles



Organising

Organising - weaving in & out of objects / furniture



Organising - throwing and catching / at target



* use scarves, bean bags or balls

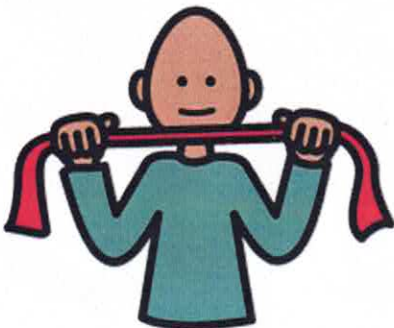
Organising - Stepping / Hopping



* use pieces of paper / arrows / discs

Calming

Calming - stretch theraband



Calming - hand / arm massage



* ensure learner is not tactile defensive

Calming - wall push ups

