

Daily Sensory Circuit

Objective: In order for children to refine and focus their concentration in readiness for the days learning.

Areas: Alerting, organising and calming.

1. **Alerting.** These activities stimulate the bodies' central nervous system in preparation for learning. These include spinning, bouncing and jumping.

- Hula hoops
- Ribbons
- Swing
- Physio ball
- Trampoline
- Ball games
- Jumping games
- Hurdles
- Jump ladders

1. **Organising.** These activities demand the brain and body to work together. These include balance, co-ordination and concentration.

- Balance beams
- Balance beanbags
- Balance board
- Bat and ball
- Target throwing
- Cones and ball
- Tunnel
- Textured mats
- Skittles

1. **Calming area.** These activities give awareness of their body in space and increase the ability to self-regulate sensory input. These include heavy muscle work and deep pressure.

- Peanut pressure
- Red mat roll
- Scooter board
- Parachute and calming music