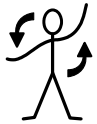




Sensory Circuit

Choose an activity from each section to make a Sensory obstacle course.



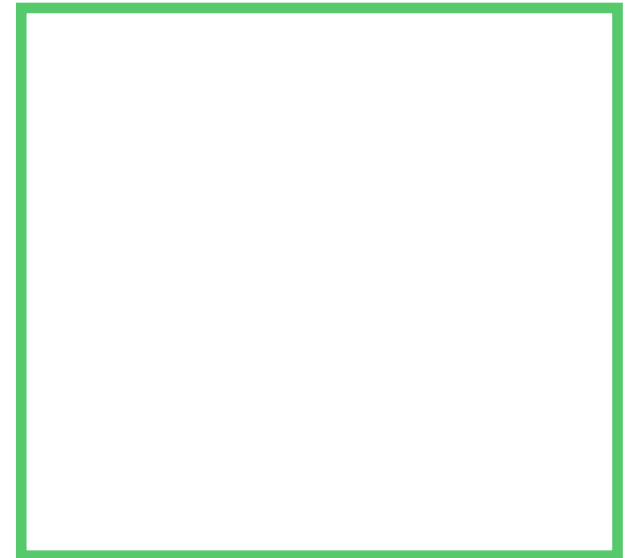
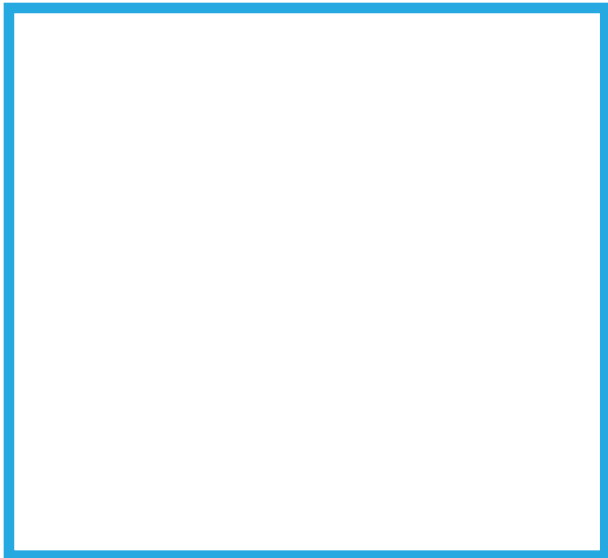
alert



organise

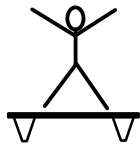


calm





jump



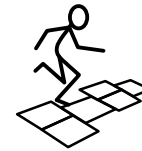
star jumps



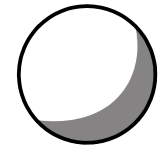
run



skip



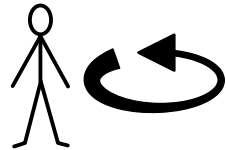
hop



bounce



clap



spin



dance



step on/off



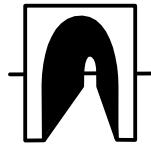
smells



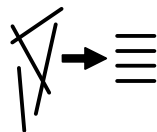
taste



balance



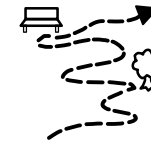
tunnel



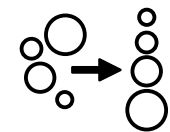
organise



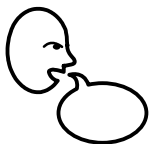
throwing



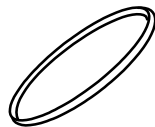
trim trail



sorting



Simon says



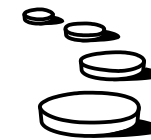
hula hoop



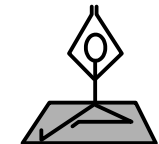
throw and catch



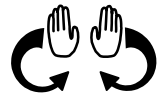
rolling



obstacle course



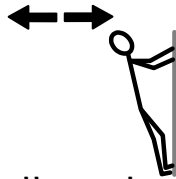
yoga



massage



massage lotion



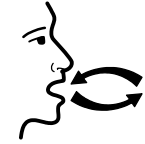
wall push up



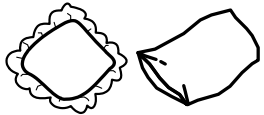
stretches



relaxation music



deep breathing



cushions/pillows



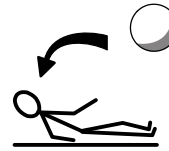
blanket



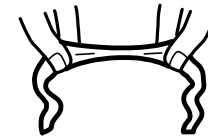
roll



sensory toys



ball squash



theraband excises



heavy work



Sensory Circuit