

## Class Sensory Circuits

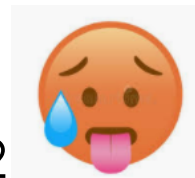
- Choose 1-2 exercises from each section, do them in this order: 1.) **ALERTING** / 2.) **ORGANISING** / 3.) **CALMING**
- Perform each exercise for 1 minute or as long as the young person can
- You can change 1 exercise each week
- There are different levels of difficulty to help you guide the pupils



= Level 1



= Level 2



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Level 3

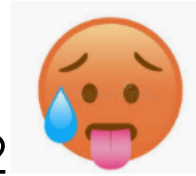
# Alerting Stage Activities




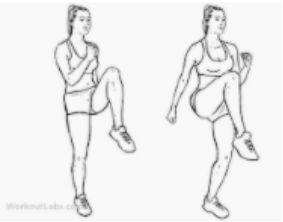




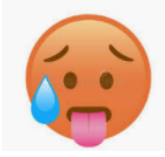
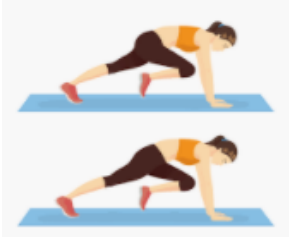

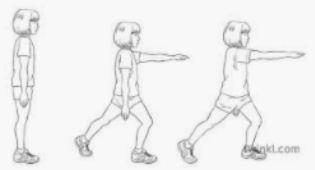
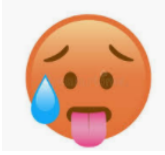
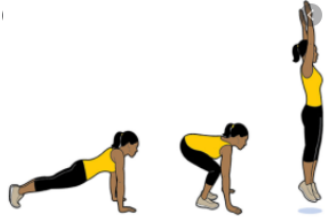
= Level 1



= Level 2



= Level 3

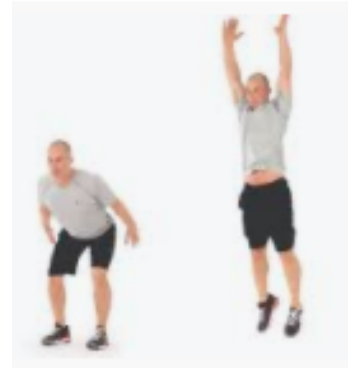
 <b>Run on the spot</b>		 <b>Hop</b>	
 <b>Star Jumps</b>		 <b>Mountain Climbers</b>	
 <b>Spotty Dog</b>		 <b>Burpee</b>	



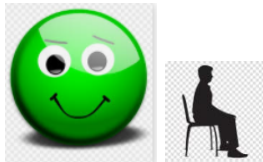
**Bunny hops/2 footed jumps**



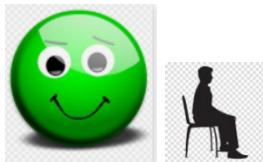
**High jumps**



**Jump  
FW/BW/  
sideways**

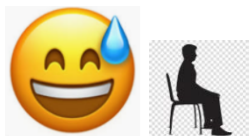


**Forward punches**

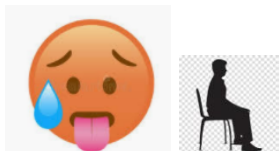


**Punch to the sky**

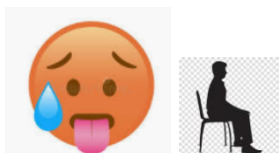




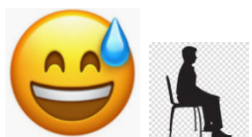
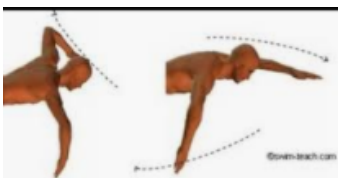
**Star jump  
arms**



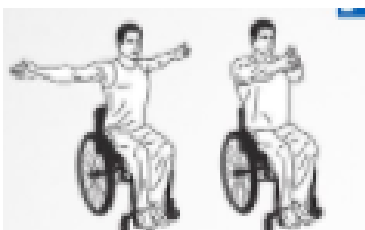
**Breast stroke  
arms**



**Front crawl  
arms**



**Pass object  
between  
hands  
(wide)**



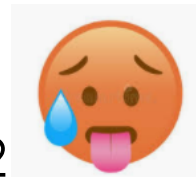
# Organising Stage Activities



= Level 1



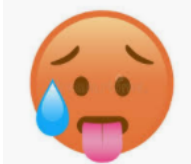
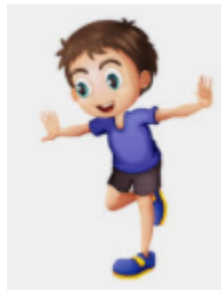
= Level 2



= Level 3



**Stand on 1 leg**



**Make a balance shape with your body**



**Spin on the spot  
10 times each  
way**

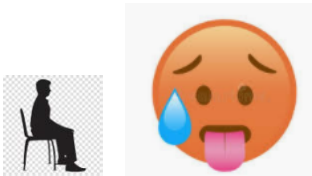




**Walk FW/BW heel  
to toe**



**Simon Says with a  
partner**



**Balance an  
object on  
different parts of  
your body**





**Side twists**



**Sit up without  
back support**



**Use 1 hand to  
transfer objects  
from left to right  
and back again**



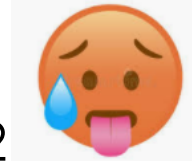
# Calming Stage Activities



= Level 1






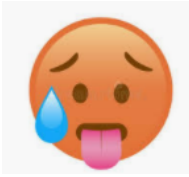


= Level 2



= Level 3

 <b>Press-ups</b>		 <b>Sit-ups</b>	
 <b>Egg roll</b>		 <b>Lunges</b>	
<b>Crab Walk</b> 		 <b>Leg extensions</b>	



 <p><b>Wall Sit</b></p>		  <p><b>Arm circles</b></p>	
 <p><b>Plank</b></p>			

  <p><b>Cross-Hold</b></p>	
  <p><b>Squeeze hands together</b></p>	



**Link fingers and pull apart**



**Pull up on chair when sitting on it**



**Elbow to knee crunch**

