

**Sensory Circuits**

Welcome to your Sensory Circuits pack. This pack is given to you once your child has completed the 12 weeks of Sensory Circuits.

Included will be a sheet of home exercises your child can do with objects from around the house, some stretching examples, online videos you can take part in with your child and easy exercises your child can do on the way to and from school.

The sessions last about 15 minutes.

Enclosed is a Sensory Motor Circuits leaflet from the NHS which will give you some activity examples and key information to support your Sensory Circuits sessions.

*The key is to make it FUN.*



**Warm-up**

Stretch your arms up to the ceiling

Keep your arms stretched and lean to your right, back to the middle and then lean to your left

Stand on your tiptoes reaching to the ceiling

Put your arms to the side of your body and gently swing, letting your arms follow you round.



**Home Circuits**

Visit Youtube – Type in ‘*Sensory Circuits at home 1*’ and ‘*Sensory Circuits at home 2*’. These videos will show you a Sensory Circuit workout you can do easily at home with objects around the house i.e. rolled up towels, food tins, rolled up pair of socks, cushions, bowl/saucepan/box. The videos are self-explanatory, simple and an easy guide to continue your child’s skills progression.

Please start with the warm-up stretches and end with the cool down.

You could also create activities for the garden-

 Hop Scotch

Throwing a ball against a wall and catching it

Gently kicking a ball against a wall and stopping the ball with their feet

Throwing and catching games with siblings/parents

(ball games – you can use a range of different size balls to challenge your child)

Youtube also provide child friendly yoga sessions –

Search ‘*Cosmic Kids Yoga*’

There are a variety of videos to watch and participate in.



**Cool down**

This is all about the relaxation after the session.

Pick one of these cool downs to end your session:

Controlled breathing – get your child to follow around one of their hands with their index finger – as they slowly move their finger around their hand, get your child to breathe slowly, inhaling through their nose as they follow up, then when they reach the tip of the finger, hold breathe for 2 seconds and exhale through mouth as they move index finger down. Follow the same procedure until you reach the little finger.

Laying on the floor – child lay on their stomach, stretched out and adult to gently place cushions from shoulders down to feet. Once the cushions are placed on the child, gently apply slight pressure on the cushions. (some children like this, others might not. Ask child first).

Pushing against the wall – Child faces the wall, to begin with feet to touch the wall (shoulder width apart), place hands on the wall (shoulder width apart). Once in a comfortable position, child to push back using their arms and hold position for 1 minute. If your child feels comfortable and confident, they can push their legs back further and continue to hold.



**To and From School**

These little activities are easy for all of you, whether you walk to school or drive.

If you drive to school, park a little further away so your child has time to fit in an exercise before reaching the school gate.

Whilst walking, encourage your child to do a simple exercise:

Skipping

Marching

Hopping

Avoiding the cracks in the pavements.

These activities are fun and can also be carried out on any walking adventures you may take – a trip to the park, along the seafront, to and from the car etc.