

Sensory Circuit Choice Board

- Print two copies of the symbol boards and one copy of the blank board.
- Laminate the blank board.
- Laminate one symbol copy whole
- Cut out the cards from the second copy, laminate each card and Velcro to the whole copy.
- Child chooses one from each activity and puts it on the blank board
- Carry out the activities in the order ALERTING – ORGANISING – CALMING
- Child can change the choice in each section but not the order.

Alerting Activities

- Jump on the spot or on a trampet x 10
- Spin a hula hoop around the waist (how many times in 30 seconds?)
- Skipping rope – 10 skips or 30 seconds
- Star jumps
- Marching like a soldier – 10 big strides
- Throw a ball in a bucket – 5 times or as many as I can in 30 seconds

Organising Activities

- Balance along a line or a beam (set the distance)
- Rolling on the floor from one point to another
- Push ups against the wall – extend out and push in x10
- Blow a light ball or screwed up piece of paper from one point to another
- Egg and spoon carry from one point to another
- Walk like an animal of your choice from one point to another

Calming Activities

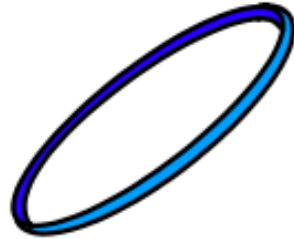
- Squash me - Child lies on floor on belly, roll a gym ball up from feet to shoulders, pushing down
- Heavy push - Child sits on chair and adult pushes down on shoulders with palms of hands for 10 seconds, release and repeat 3-5 times
- Praying hands – put hands together as if praying, push against each other for 10 seconds, release, repeat 3-5 times
- Roll up – roll child up tightly in a blanket
- Bean bag blanket – cover child in bean bags
- Chair sit up – child sits on chair and pushes himself up by his hands so bottom raises off chair.

 Alerting  Choices

10



10 jumps



hoop



skipping

5



5 star jumps



marching



ball in



bucket



Organising



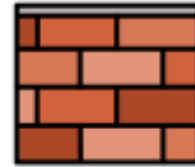
Choices



balancing



rolling



wall



push



ball



blow



egg

+

and



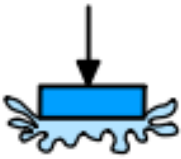
spoon



animal



walk



squash



me



heavy



push



praying



hands



roll



up



bean bag



blanket



chair



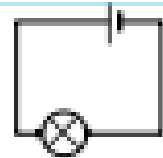
sit



up



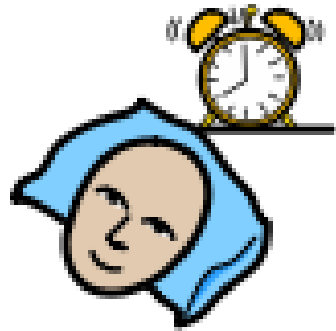
sensory



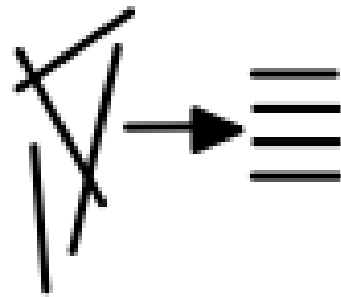
circuit



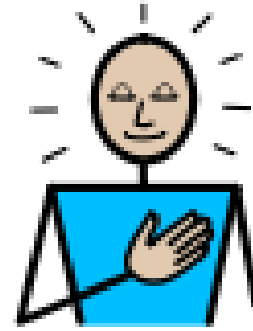
choices



alerting



organising



calming

