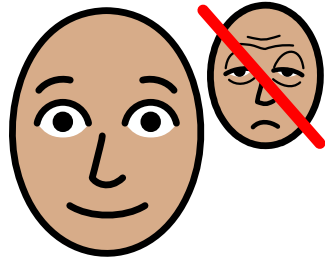
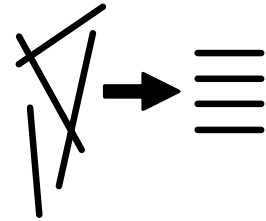




St. Mary's Sensory Circuit Choices



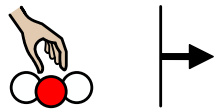
alerting



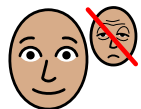
organising



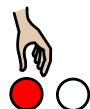
calming



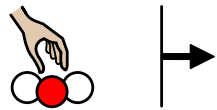
Choose from the



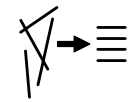
Alerting



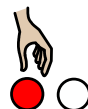
options



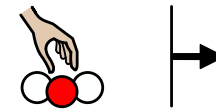
Choose from the



Organising



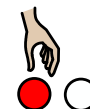
options



Choose from the


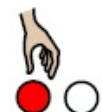


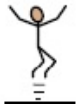


Calming








options









 
Alerting Options




  
Jump on the spot

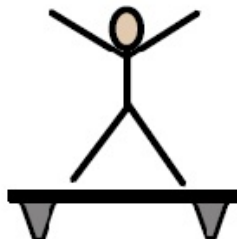
  
hop on the spot







 
crouch down then jump



  
high and stretch

  
Jog on the spot

  
with high knees



Star jumps




     
jog on the spot and reach up



 
as if climbing a ladder










Organising Options



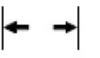
 +
Close your eyes and


  **1** 
balance on one leg


 
Balance along a

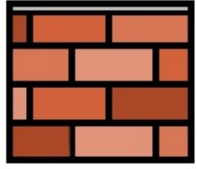
  
line on the floor

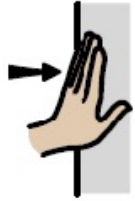
  **1**  
Balance on one leg with


  
arms out wide



Reverse


lunges


wall



push



squat



hold



x 3
x 3




Calming Options




? 
Do a plank




+ 
and hold




praying hands, push






 - 
together - hold





  
Crouch down, arms around


  + 
your knees and hold

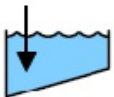


  
Sit on a chair, push up

+  
and hold. Repeat

    
Arms across body, hands on

   
shoulders, press down, hold


Close your eyes, take

  
deep, slow breaths