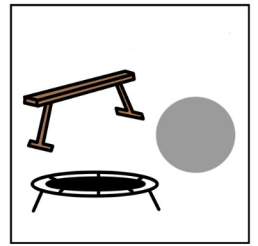# Sensory Circuit activities

Alerting
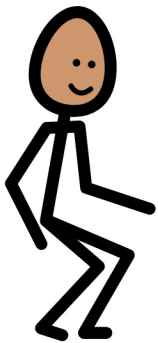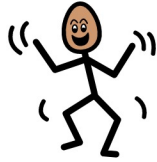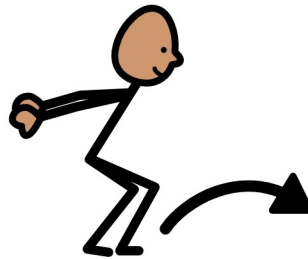
Squat	jump like a frog	bounce
skip	run on the spot	Side step
star jump	jump over	Controlled spinning
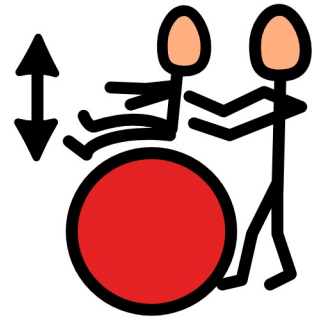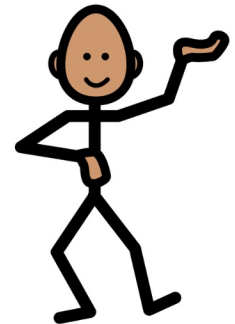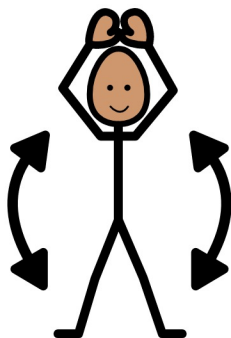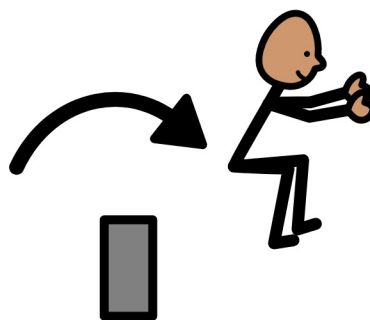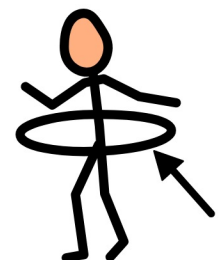
Sensory Circuit activities

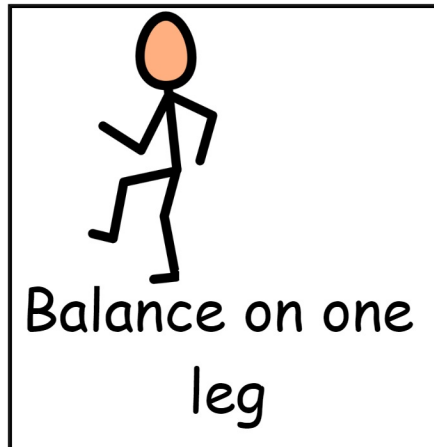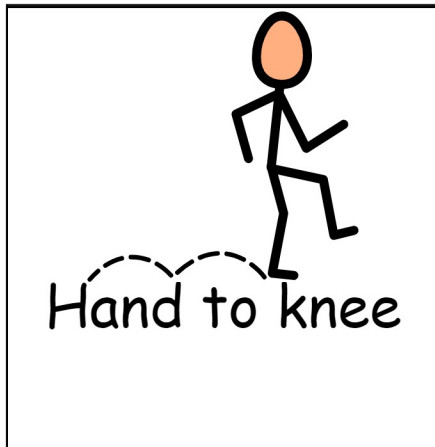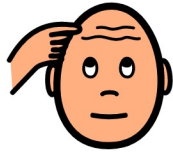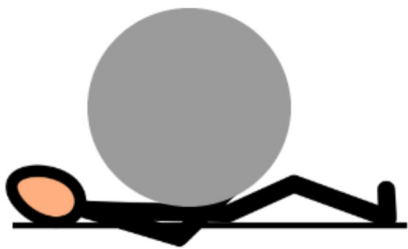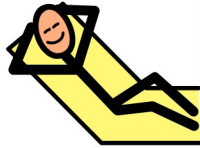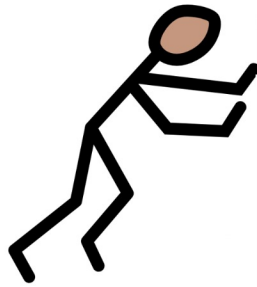|		
Hand to knee	Balance on one leg	roll ball
Squat	push wall	wobble board
throw	blow bubbles	walk in a line
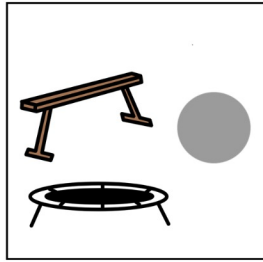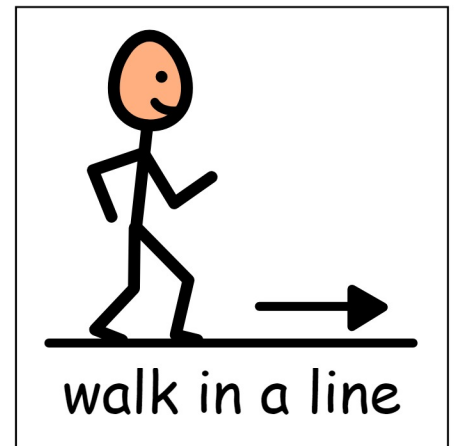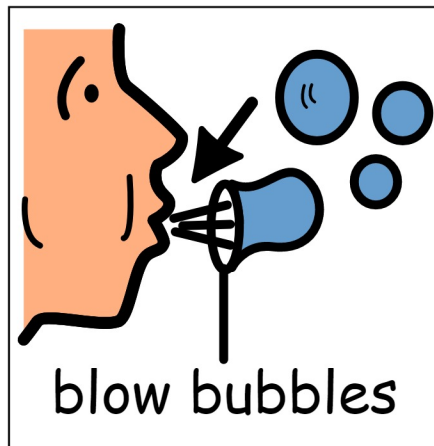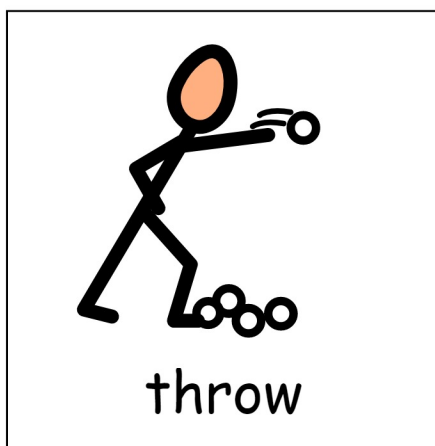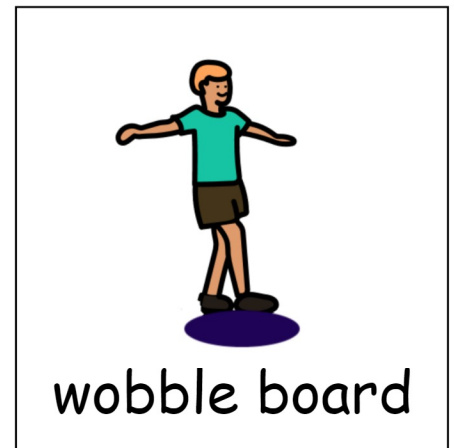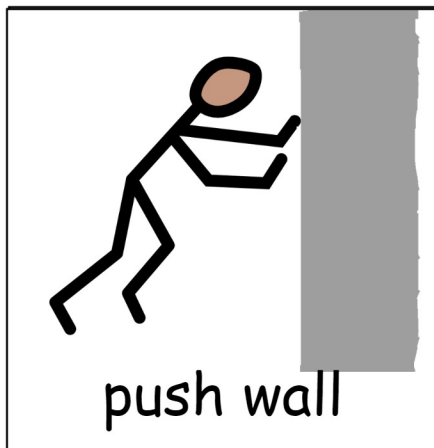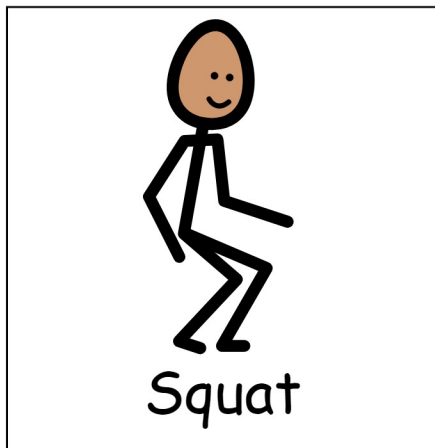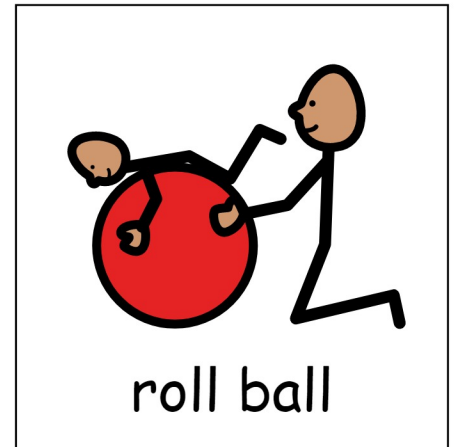
Sensory Circuit activities
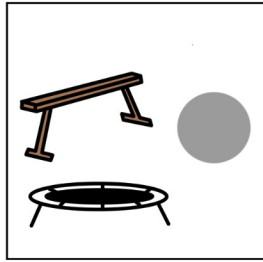
Calming

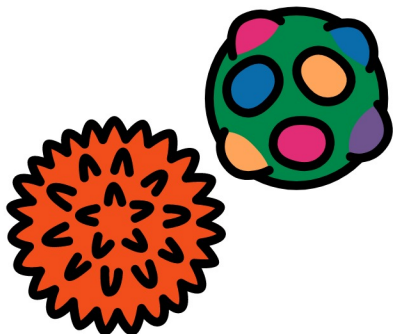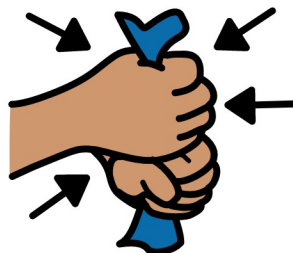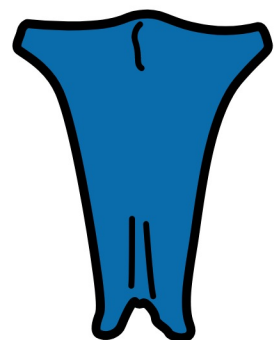|		
ball squash	push wall	push up
crawl	Slime	crawl through the tunnel
Fidget spinner	Squeeze playdough	Body sock
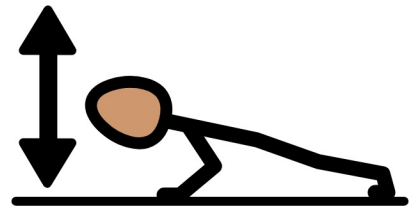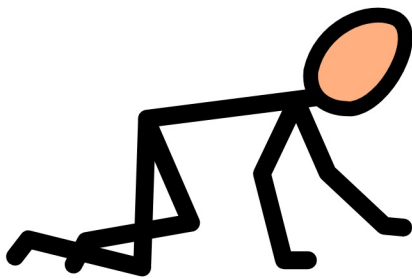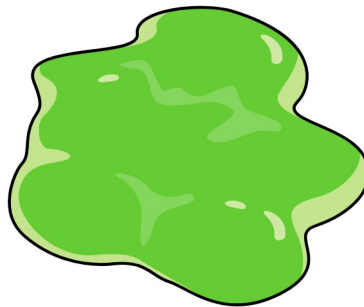
My sensory circuit