**Ideas for sensory circuit at home**

Background Information

Sometimes the messages sent to our brain from our senses can get mixed up and make our responses to these messages get confused. This can mean we are over sensitive or under sensitive to certain things (such as sounds or tastes).

If we are under-sensitive to something we might seek **more** input (like moving around all the time, jumping, spinning, licking things, making noises)

If we are oversensitive we might **avoid**input from these things (like not wanting others to touch us, avoiding flavours/textures, covering ears to get rid of noise)

Too many things happening at once might make us feel overloaded – sensory overload – this can present as a meltdown that appears to not have been caused by much. You might hit out, cry, shout or withdraw and not respond. Some individuals run away.

To help regulate our senses and help the messages get to the right place we need to practice using them – this is where a sensory circuit can help. Done in a specific order this helps to give our bodies the input it needs to feel calm and focused. It can reduce anxiety and improve difficult behaviours.

Designing a sensory circuit

To be effective, sensory circuits are carried out in a certain order but the activities you use will be unique to your child and what works for them.

Do one or two activities from each section each time you do the circuit – a few times a day is ideal.

If you notice your child is seeking something throughout the day in an unwanted way (ie always chewing everything) try to replace this with something more appropriate to give your child what he or she needs. For example, some children constantly try to chew on things and a ‘chewy necklace’ can help to give this input in a better way and help the child focus on other things.

Alerting

 ·         Bouncing on trampoline

·         Bouncing on Gym ball

·         Jumping

·         Using a vibrating cushion/massage tool on arms, legs and back

·         Upbeat music and dancing

·         Jumping jacks

·         Spinning

·         Pulling and pushing something heavy

Organising

·         Throwing coloured bean bags/balls into tubs of same colour

* Colour or shape sorting

·         Threading

·         Posting

·         Walking along a line on floor (masking tape in a pattern?)

·         Balancing on something wobbly

·         Egg and spoon style activities

·         Building a tower

Calming

·         Wrap up like a sausage roll in a blanket (sing a song? Roll roll roll you up like a sausage roll, roll roll roll you up like a sausage roll – to the tune of row row row your boat)

·         Sit under weighted blanket

·         Deep pressure squeeze/massage on arms and legs

·         Push ups or pushing against a wall

·         Pushing against each other’s hands