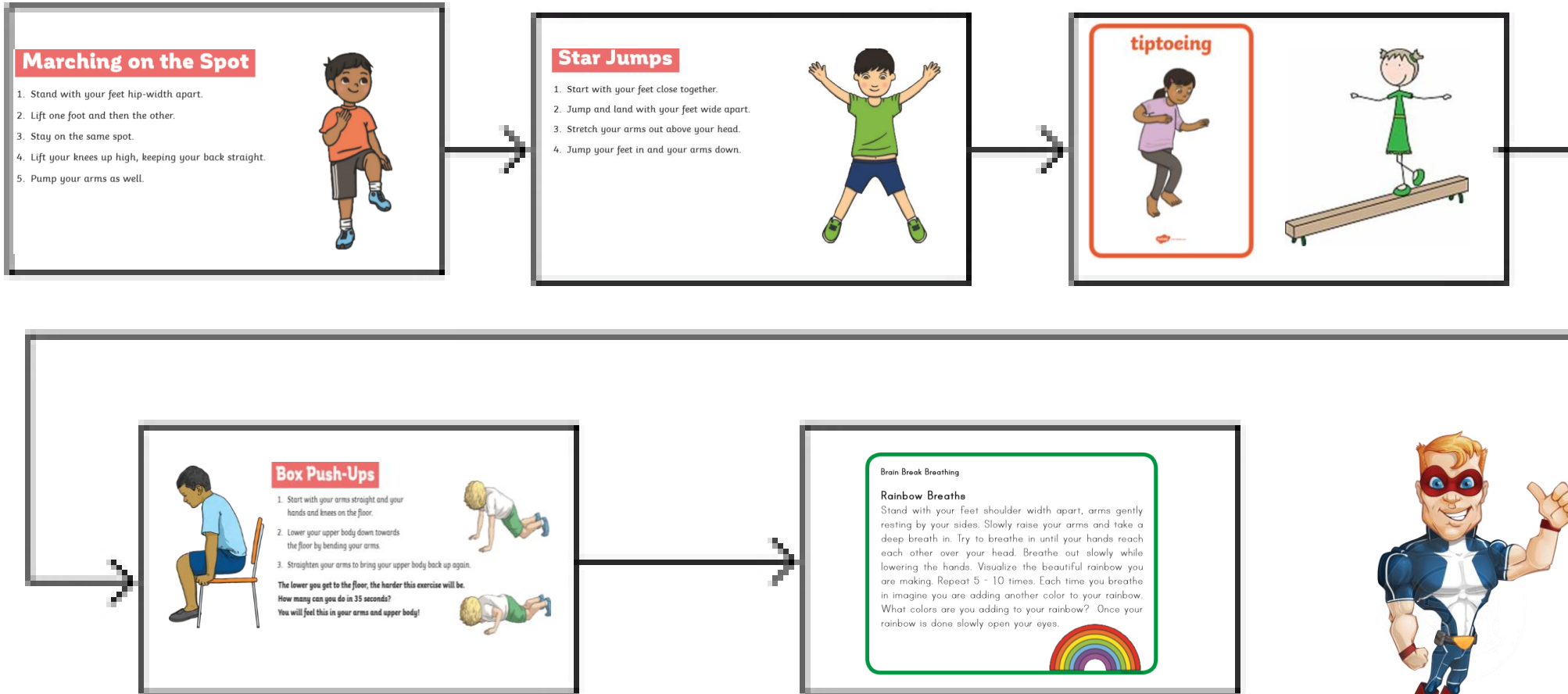


## A Sensory Circuit to do at home!

Whilst you are busy completing all of your home learning, it is important to take a well earned break. This will then help your brain to have a short rest so that you can carry on your work and be GREAT!



Follow each slide to view the different sensory activities and the journey they will take you on.

# Alerting- Stage 1 of a Sensory Circuit



You are going to go on a Sensory Circuit adventure therefore you need to put your green thinking hat of creativity on and imagine that you are a superhero! Make sure you are in a space and ready for the journey.

## **Marching on the Spot**

1. Stand with your feet hip-width apart.
2. Lift one foot and then the other.
3. Stay on the same spot.
4. Lift your knees up high, keeping your back straight.
5. Pump your arms as well.

**Do this for 1 minute**



You need to imagine that you are a brave superhero, maybe think of a heroic name that you go by!

Now you need to save the world! QUICKLY... the villain is getting away! Don't let him escape, march after him!

# Alerting-2

OH NO! The Villain is getting away! Lets take the short cut by doing some star jumps.

## Star Jumps

1. Start with your feet close together.
2. Jump and land with your feet wide apart.
3. Stretch your arms out above your head.
4. Jump your feet in and your arms down.

Do this for 1 minute

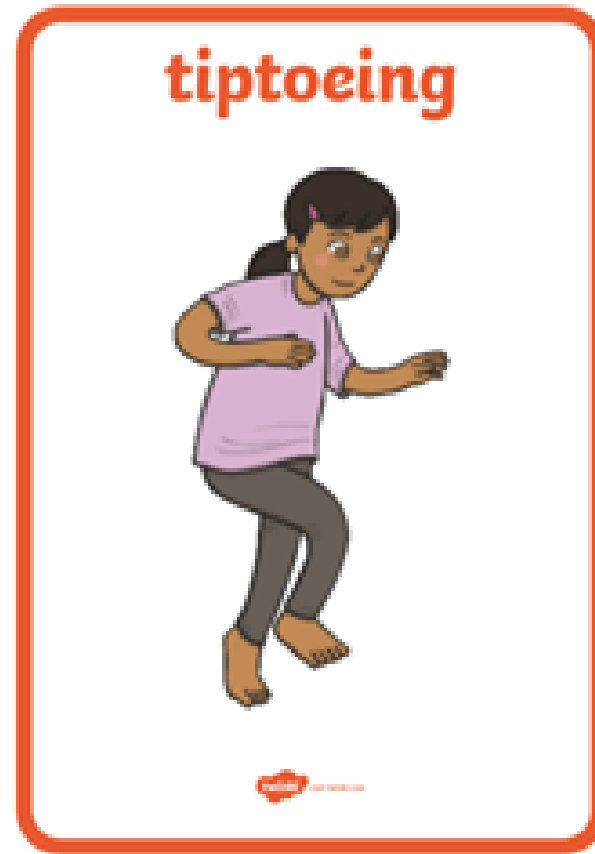


# Organising- Stage 2 of a Sensory Circuit

You are so close! Don't give up now. The Villain has walked across a very tight bridge! It is as narrow as a tight rope, this is going to be tricky but you can persist!



Using your green hat again, lets imagine you are walking on a tight rope! Place one foot carefully in front of the other, keeping your arms out by your sides to keep you balanced.



**Do this for 1 minute**

# Organising-2

You have nearly caught the Villain!  
You just need to climb to the top of the building where he is hiding. This requires very strong muscles! Lets build them up by doing either a seated chair push up or a box push up.

## Box Push-Ups

1. Start with your arms straight and your hands and knees on the floor.
2. Lower your upper body down towards the floor by bending your arms.
3. Straighten your arms to bring your upper body back up again.



**The lower you get to the floor, the harder this exercise will be.**

**How many can you do in 35 seconds?**

**You will feel this in your arms and upper body!**



1. Start with both hands on either side of the chair, with slightly bent elbows.
2. Push yourself off of the chair and slowly sit back down.



**Do this for 1 minute**

# Calming



## Brain Break Breathing

### Rainbow Breathe

Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done slowly open your eyes.



Well done! You have caught the Villain, thank you for your help!

You must need a well earned rest after all that exercise. Take a minute now to calm yourself down and focus on your breathing. Follow the Rainbow Breathe exercise to help you.

This will then help you to prepare to start your home learning again!

Using your red thinking hat, have a think about how the rainbow breathing makes you feel?

Does it make you feel relaxed and calm?

