

Sensory circuits

Try these
activities at
home



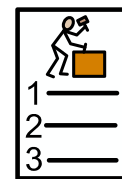
These
activities will
help to calm
and get ready
for work



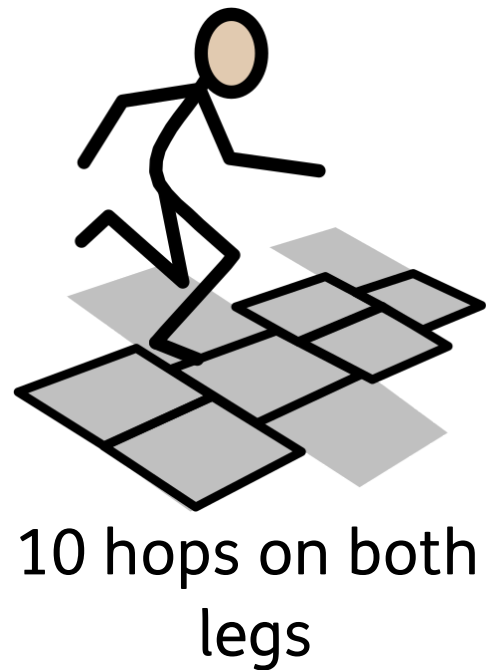
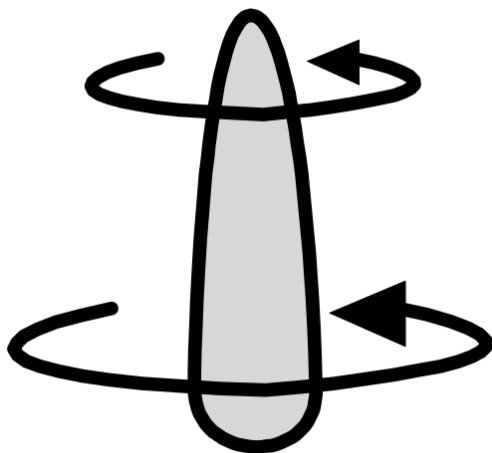
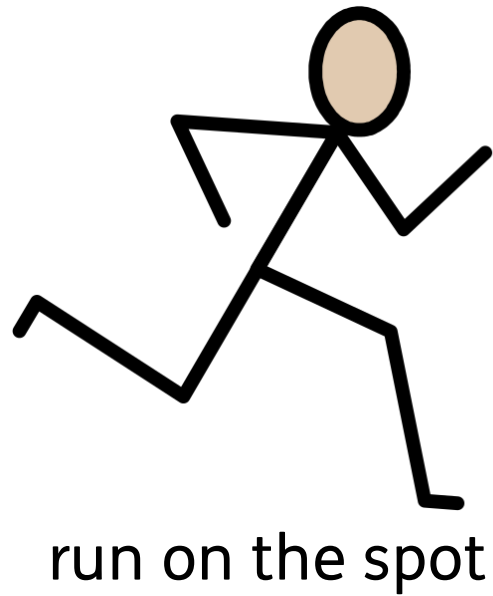
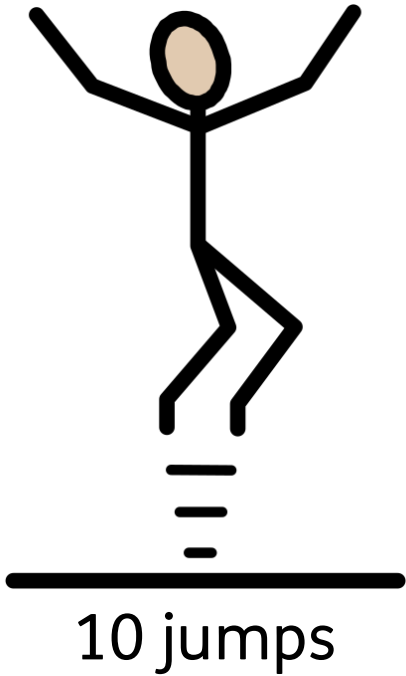
Use a 1
minute
timer



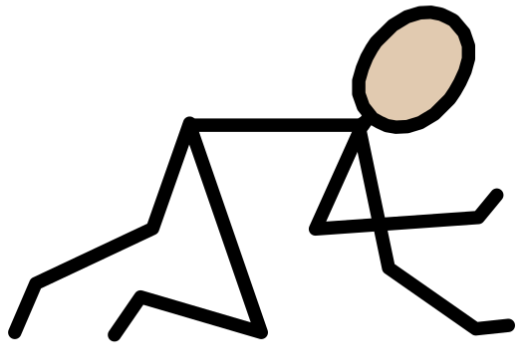
Alerting
Organising
then
Calming



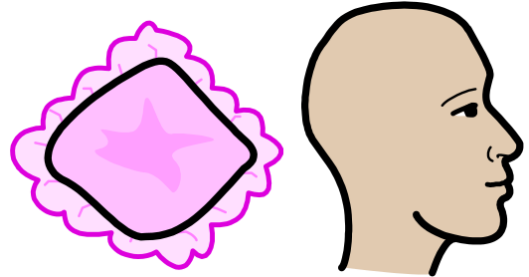
Sensory circuits - Alerting



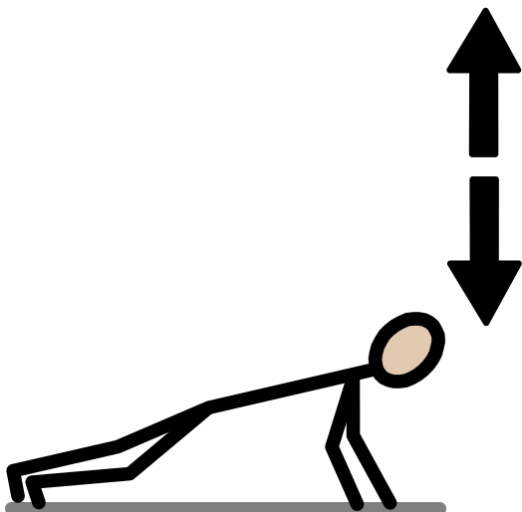
Sensory Circuits - Organising



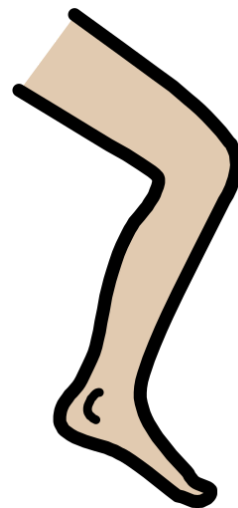
crawl under a
table



balance a cushion
on your head

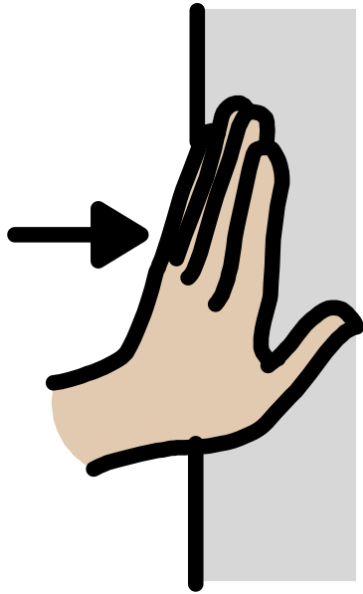


10 push ups

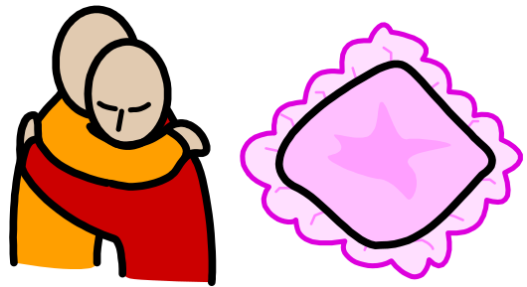


balance on one
leg

Sensory Circuits - Calming



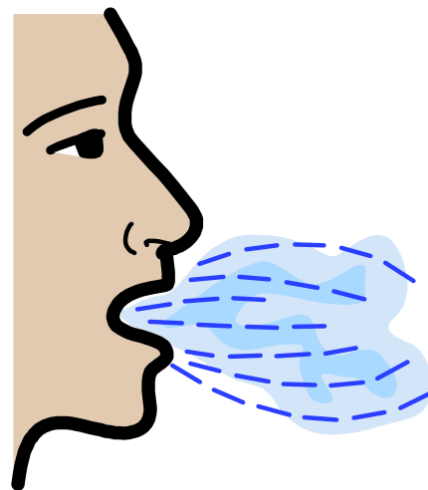
push the wall



hug a cushion



wrap tight in a
blanket



take 10 deep
breaths