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Sensory circuit activity cards

How to use the cards:

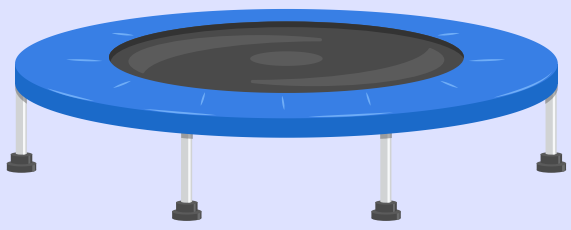
- Laminate and cut the activity cards.
- When completing your sensory circuits get the young person to choose the cards they want to complete.
- Choose at least 1 card from each category and complete in the order of alerting, organising and calming.

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Alerting activities

Jumping



Skipping



Boxing



Shuttle runs



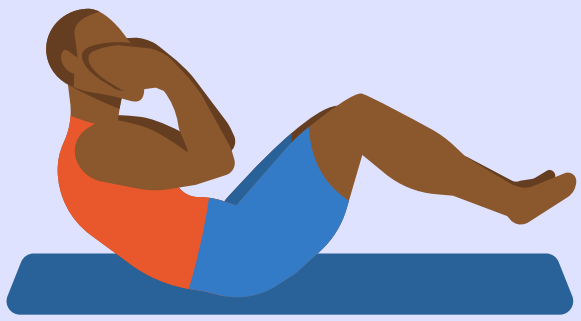
squats



Star jumps



Sit ups



Tug of war



Rowing machine



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Alerting activities

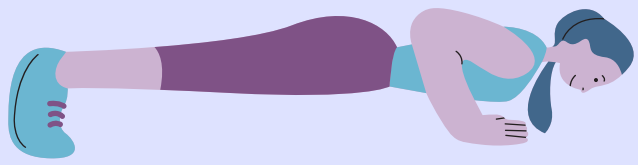
Jump squats



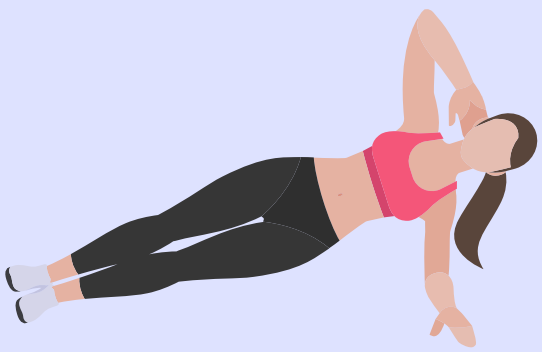
Mountain climbers



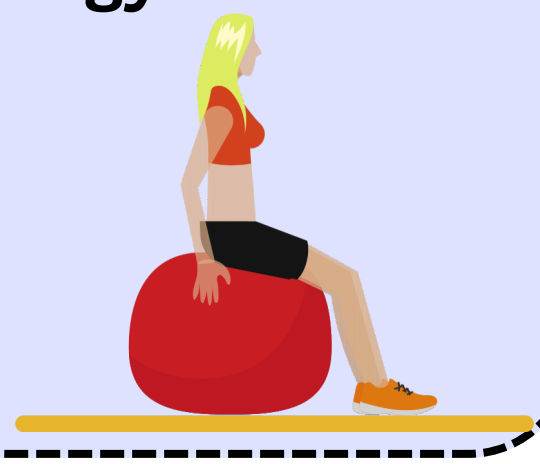
Push ups



Side plank



Bouncing on gym ball



Running



Excercise bike



Lunges



High knees

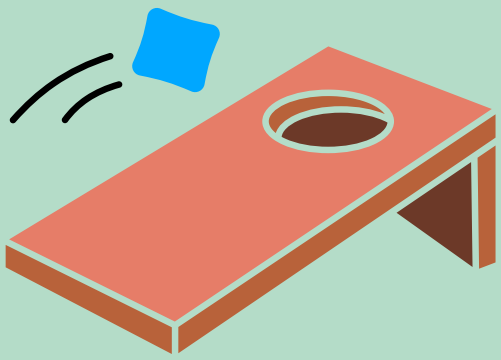


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Organising activities

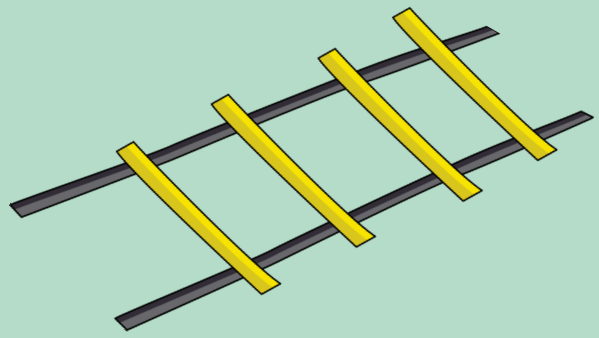
Bean bag toss



Standing on one leg



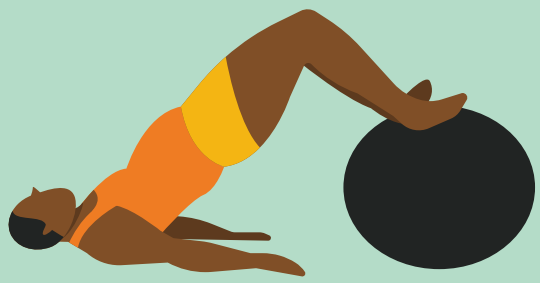
Ladder runs



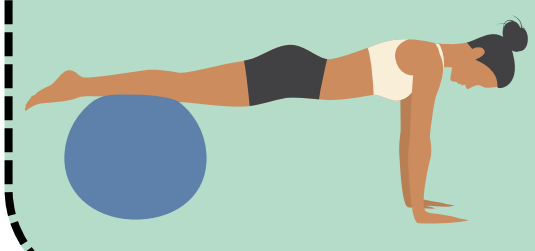
Toe touches



Bridges



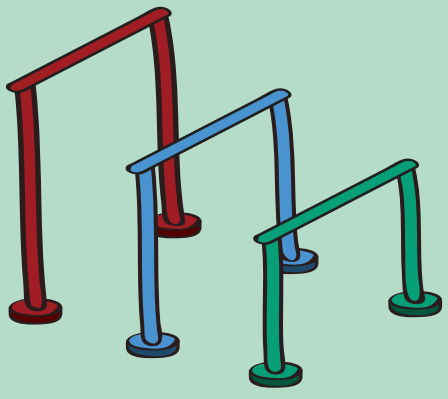
Plank over gym ball



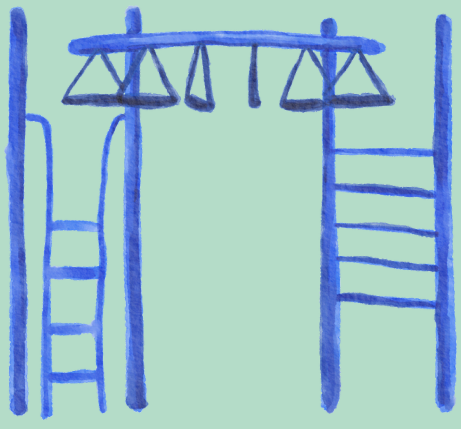
Rolling ball up/down wall



Hurdles



Monkey bars

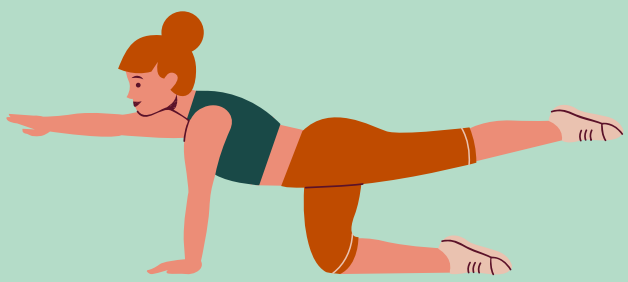


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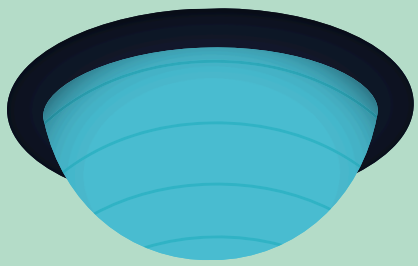
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Organising activities

Superman pose



Wobble board



Ball games



Weaving around cones



Single leg lunge



Throwing at a target



Basket ball



Single arm tap plank



Yoga



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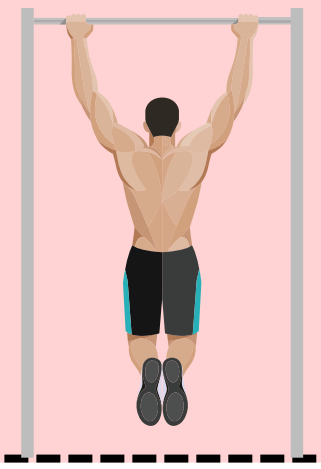
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Calming activities

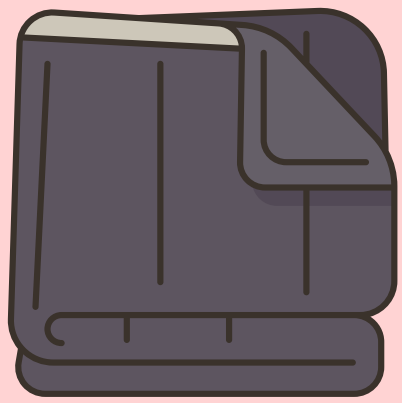
Child pose



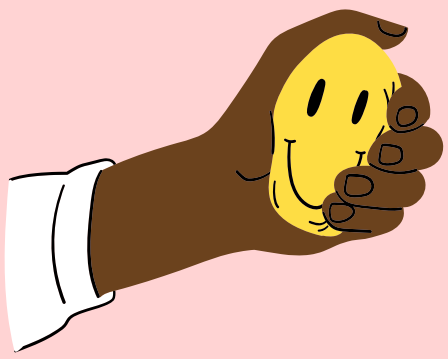
Bar hang



Weighted blanket



Squeezing ball



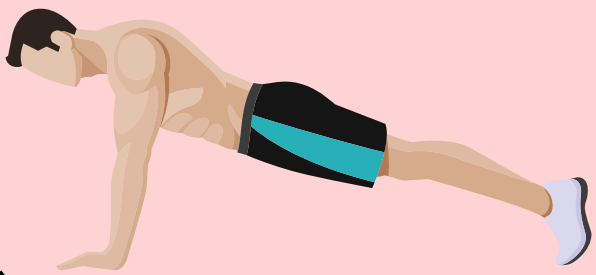
Wrapping tightly with a blanket



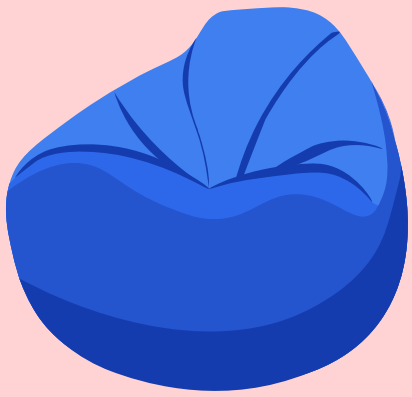
Wall push



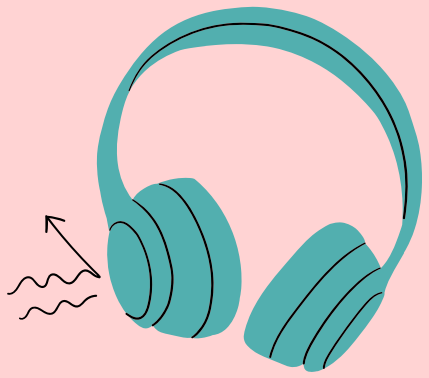
Plank



Sitting on beanbag



Listening to music



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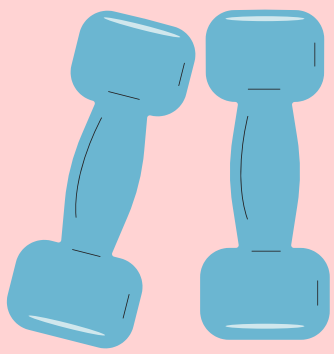
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Calming activities

Cobra stretch



Hand weights



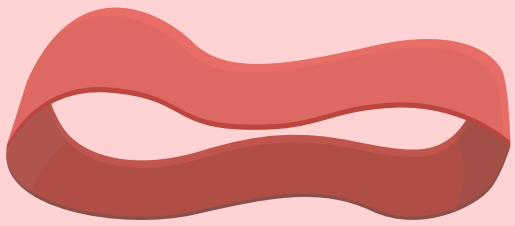
Tricep dips



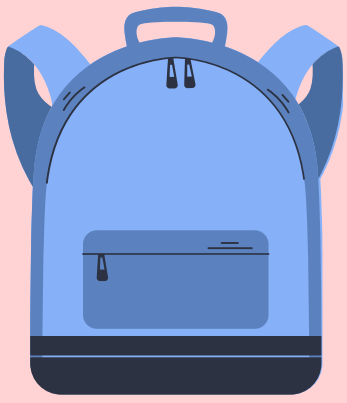
Deep breathing



Resistance bands



Carrying heavy backpack



Mindfulness



Stretching



Reading



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