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Sensory circuit activity cards

How to use the cards:

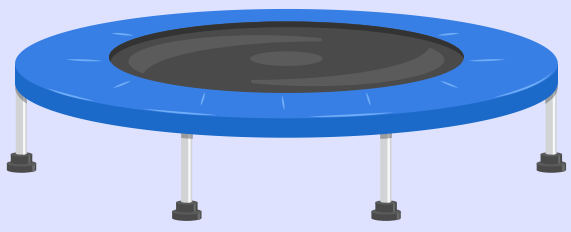
- Laminate and cut the activity cards.
- When completing your sensory circuits get the young person to choose the cards they want to complete.
- Choose at least 1 card from each category and complete in the order of alerting, organising and calming.

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Alerting activities

Trampoline



Skipping



Swing



Jump



Marching



Star jumps



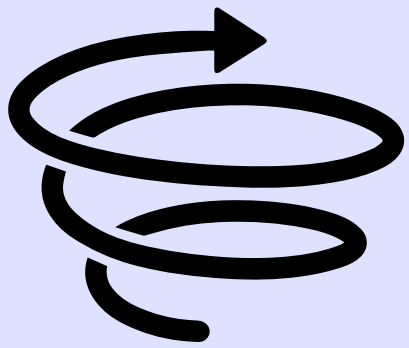
Space hopper



Tug of war



Spinning



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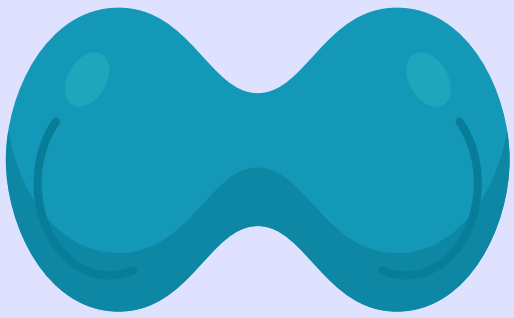
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Alerting activities

Catch



Peanut ball rolls



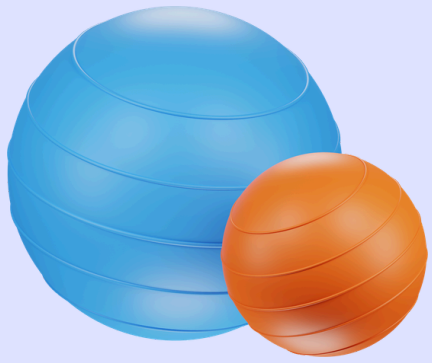
Wall pushes



Dancing



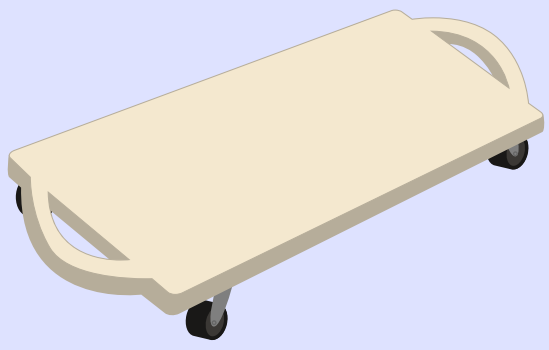
Bouncing on gym ball



Running



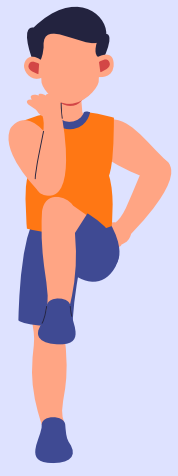
Scooter board



Lunges



High knees

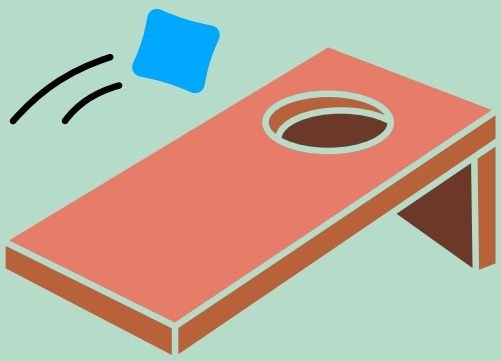


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Organising activities

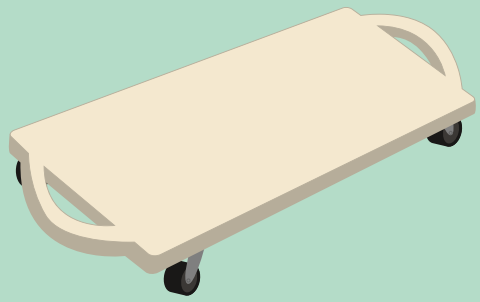
Bean bag toss



standing on one leg



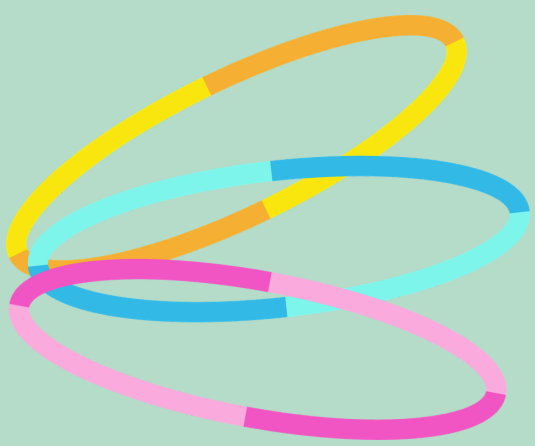
weaving on a scooter board



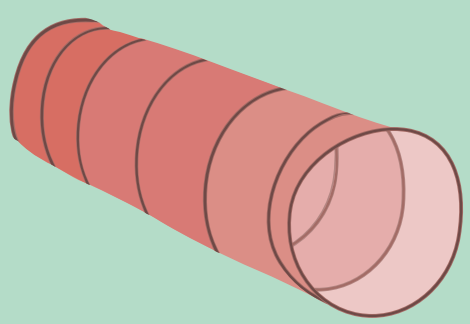
Balance beam



Hola hoop



Crawling through a tunnel



Sorting on a gym ball



Building/sorting games



Climbing



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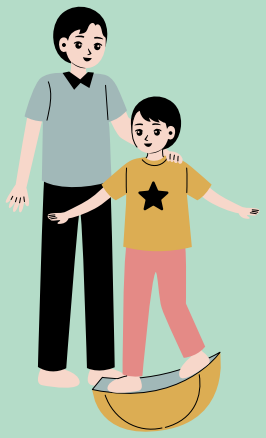
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Organising activities

Superman pose



Wobble board



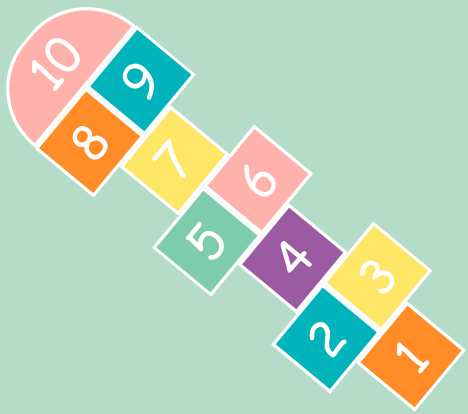
Ball games



Weaving around cones



Hopscotch



Throwing at a target



Simon says



Animal walks



Yoga



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Calming activities

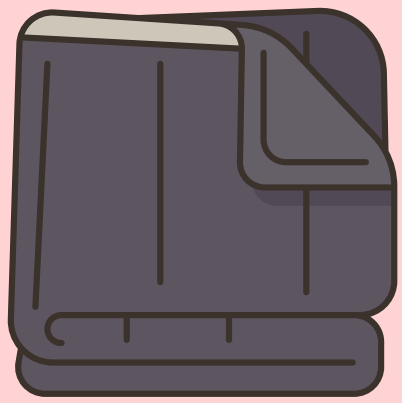
Squashing Playdough/putty



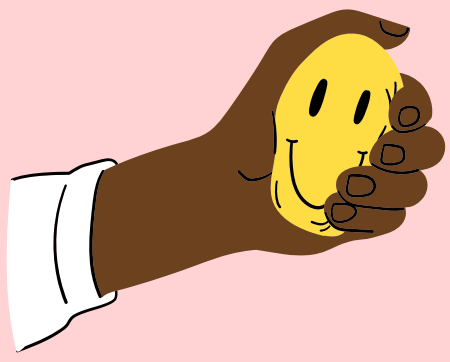
Gentle swinging



Weighted blanket



Squeezing ball



Wrapping tightly with a blanket



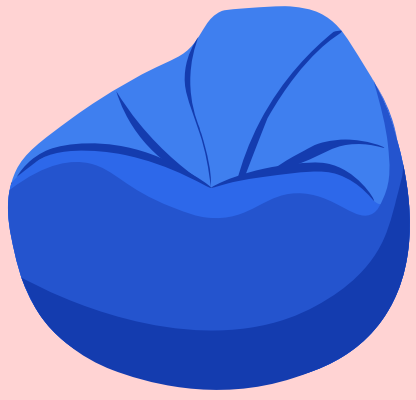
Gentle rolls over gym ball



Squeezing teddy/cushion



Sitting on beanbag



Listening to music



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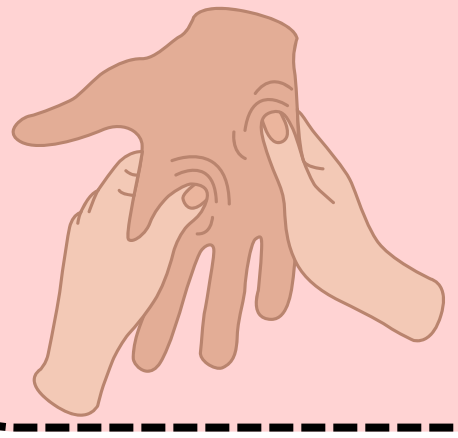
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Calming activities

Lying on stomach



deep pressure massage



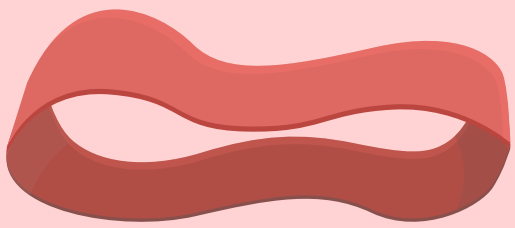
Hug



Deep breathing



Resistance bands



Carrying heavy backpack



Mindfulness



Stretching



Reading



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