

## SENSORY CIRCUIT IDEAS





**Name:**








**Occupational Therapist:**








**Date:**








Sometimes I have difficulty making sense of the world around, sometimes the sights, noises and smells overwhelm me and I try to avoid them. Sometimes I want more stimulation and my behaviour may look a little strange. Sometimes ordinary, everyday things are painful and distressing for me. Sometimes I need to fidget and move around. Sometimes I like to be squashed and squeezed, at other times I need to be quiet and still and feel quite sleepy. It is really hard for me to concentrate on what is being said to me, play, learn or carry out other activities when I feel this this.







My sensory diet is a list of activities, specifically designed for me, that I can do regularly throughout the day to help me cope with stimulation from the world around me, to either wake me up or calm me down so I am in just the right state from playing, learning, concentrating and carrying out my daily activities. Please help me to use my sensory diet during the day, but only after my Occupational Therapist has shown you how.

<b>ALERTING ACTIVITIES (to wake me up)</b>		
<p><b>Jumping</b> <i>This also helps increase my awareness of my muscles and joints</i></p>	<ul style="list-style-type: none"> <li>* Jumping on a trampette.</li> <li>* Jumping in one place.</li> <li>* Jumping on a couch or a bed.</li> </ul>	
<p><b>Bouncing</b> <i>Having the head out of midline stimulates the vestibular system</i></p>	<ul style="list-style-type: none"> <li>* Bouncing on a therapy ball</li> <li>* Round an obstacle course on a space hopper</li> <li>* on a trampoline</li> <li>* on a pogo stick</li> </ul>	
<p><b>Running</b></p>	<ul style="list-style-type: none"> <li>* up and down</li> <li>* round and round</li> <li>* running races</li> <li>* follow-the-leader</li> <li>* round and obstacle course</li> </ul>	
<p><b>Spinning</b> <i>Avoid if epileptic; observe closely for signs of over arousal; spin equally in both directions</i></p>	<ul style="list-style-type: none"> <li>* On a roundabout</li> <li>* spinning on the spot</li> <li>* sit n spin toys</li> <li>* 'ring o roses'</li> </ul>	

<b>Music</b>	<ul style="list-style-type: none"> <li>* Strong beats-rhythmical, arousing music with a strong beat</li> </ul>	
<b>Eating</b> <i>Chewing provides intense stimulation to the temporomandibular joint (TMJ)</i>	<ul style="list-style-type: none"> <li>* crunchy foods (celery, raw carrot, apple, popcorn, pretzels, cereal, crackers, nuts)</li> <li>* chewy foods (gum, dried fruit)</li> <li>* cold foods (ice cubes, ice lollies, frozen bananas)</li> </ul>	
<b>Drinking</b> <i>Oral motor stimulation</i>	<ul style="list-style-type: none"> <li>* sucking thick liquids through a straw</li> <li>* drinking through a sports bottle</li> <li>* drinking ice cold liquid</li> </ul>	
<b>Blowing</b> <i>Oral motor stimulation</i>	<ul style="list-style-type: none"> <li>* Whistle-blowing</li> <li>* blowing up balloons/ bubbles</li> <li>* Blow paper windmills</li> </ul>	
<b>Visual</b> <i>Keep the environment uncluttered, use visuals to gain and maintain attention</i>	<ul style="list-style-type: none"> <li>* 'attention box'</li> <li>* toys with flashing lights (if not photosensitive)</li> <li>* contrasting colours such as black/ white, yellow/ white</li> <li>* Use lots of visual prompts</li> </ul>	
<b>ORGANISING ACTIVITIES (to help me focus)</b>		
<b>Funny walks</b> <i>Helps improve body awareness and core stability</i>	<ul style="list-style-type: none"> <li>* Animal walks (bunny hops, crab walks, frog jumps, bear walks, inch worm)</li> <li>* Crawling</li> <li>* Wheelbarrow walks</li> <li>* Tip toe walks</li> <li>* Marching like a soldier</li> </ul>	
<b>Tactile feet</b> <i>Stimulation through the feet can be very intense so start slowly</i>	<ul style="list-style-type: none"> <li>* bare feet on artificial grass, sand, dried lentils, crisp autumn leaves, shaving foam</li> <li>* tactile balls</li> <li>* foot massage</li> <li>* vibrating cushion under feet</li> <li>* tactile stepping stones (can be part of an obstacle course or sensory circuit)</li> </ul>	

<p><b>Tactile hands</b>  <i>Light/ tickly touch can be irritating. Don't draw attention to any mess, and to increase tolerance don't wipe it away immediately</i></p>	<ul style="list-style-type: none"> <li>* messy play (sand, water, finger paint, dried lentils, rice, shaving foam, jelly)</li> <li>* play dough (pinching, poking, pulling, squeezing, finding hidden objects)</li> <li>* touch feely box, feel inside to guess the objects</li> <li>* firm body rubs (with dry towel, brush, different textures cloths)</li> <li>* tactile fidget toys</li> </ul>	
<p><b>Therapy ball</b>  <i>Can be used as a seat to improve concentration; knees and hips should be 90 degrees and feet flat on the floor</i></p>	<p>Whilst sitting on a therapy ball or a peanut ball-</p> <ul style="list-style-type: none"> <li>* Throw and catch a ball</li> <li>* Reach down to retrieve items from the floor</li> </ul> <p>Whilst laying over the ball (tummy down):</p> <ul style="list-style-type: none"> <li>* walk back and forth with hands</li> <li>* reach for objects and throw them into a container</li> </ul>	
<p><b>Ball games</b>  <i>Increase challenge by changing ball size</i></p>	<ul style="list-style-type: none"> <li>* throwing and catching</li> <li>* throwing into a target</li> <li>* kicking</li> </ul>	
<p><b>Balancing</b></p>	<ul style="list-style-type: none"> <li>* Walk along a line on the floor; try this whilst balancing a book in hands.</li> <li>* walk along a balance beam</li> <li>* Balance on a wobble(balance)board; try throwing and catching a ball to make it more challenging</li> <li>* walk on stepping stones</li> </ul>	
<p><b>Climbing on playground equipment</b></p>	<p>Targeted activities can challenge balance, vestibular system</p> <ul style="list-style-type: none"> <li>* hanging from monkey bars</li> <li>* climbing</li> <li>* swinging</li> </ul>	
<p><b> Scooter board</b></p>	<ul style="list-style-type: none"> <li>* in a linear direction</li> <li>* around an obstacle course</li> <li>* races</li> <li>* pulling along on a rope</li> <li>* collecting items to complete a puzzle/ activity</li> <li>* playing bat and ball</li> <li>* pushing a ball along</li> </ul>	
<p><b>Rolling</b></p>	<ul style="list-style-type: none"> <li>* rolling like a log, this is more intense with arms stretched above the head</li> <li>* over a therapy ball</li> <li>* over a barrel</li> </ul>	
	<p><b>CALMING</b></p>	

<p><b>Swinging or rocking in a linear direction</b></p>	<ul style="list-style-type: none"> <li>* in a rocking chair, over the therapy ball or barrel</li> <li>* in the playground</li> <li>* in a hammock</li> </ul>	
<p><b>Weighted/ deep pressure equipment</b> <i>Not more than 10% of body weight. Can help calm the nervous system</i></p>	<p>Use as instructed by Occupational Therapist</p> <ul style="list-style-type: none"> <li>* weighted blanket (caution with non-mobile children/ low tone children)</li> <li>* weighted jacket/ vest</li> <li>* weighted lap/ shoulder pad</li> <li>* Hug vest</li> </ul> <p>Written safety/ wear advice should be given</p>	
<p><b>Ear defenders</b></p>	<ul style="list-style-type: none"> <li>* can help with concentration</li> <li>* can help block out distressing sounds</li> </ul>	
<p><b>Squashes and squeezes</b> <i>Firm, constant pressure</i></p>	<ul style="list-style-type: none"> <li>* head/ shoulder presses</li> <li>* hand massage</li> <li>* having a therapy ball rolled up and down your back</li> <li>* crawling/ squeezing through a resistive (Lycra) tunnel, under a heavy duvet or through a tight space</li> <li>* nestling into a large beanbag</li> </ul>	
<p><b>Joint compressions</b> <i>Used to increase body awareness prior to movement activities</i></p>	<p>Must be practiced with my Occupational Therapist first</p> <ul style="list-style-type: none"> <li>* hold firmly above and below the joint supporting the limb so the joint is in line</li> <li>* gently but firmly compress the joint and then release</li> <li>* repeat 10 times for each joint</li> </ul>	
<p><b>Brushing</b> <i>Often done with joint compression as part of the Wilbarger technique</i></p>	<p>Use as instructed by my Occupational Therapist</p> <ul style="list-style-type: none"> <li>* Use therapy brush, tactile mat or hairbrush to firmly brush limbs</li> </ul>	
<p><b>Vibration</b> <i>Runs on the same pathway as proprioception (deep pressure sense); if applied lightly can be an irritant</i></p>	<ul style="list-style-type: none"> <li>* vibrating hand held toys</li> <li>* vibrating cushion/ pillow</li> <li>* vibrating snake</li> <li>* massagers</li> <li>* electric toothbrush</li> <li>* vibrating pens</li> </ul>	
<p><b>Heavy, resistive activities</b> <i>Can be incorporated into every day routine. The harder the muscles work the</i></p>	<ul style="list-style-type: none"> <li>* carrying shopping/ pushing a shopping trolley/ putting heavy shopping away in cupboards</li> <li>* carry a watering can to water the plants</li> <li>* carrying and hanging out laundry</li> <li>* digging in the garden</li> </ul>	

<p><i>more feedback they will be getting</i></p>	<ul style="list-style-type: none"> <li>* Putting chairs on/ off the desk</li> <li>* emptying bins</li> <li>* carrying books/ stacking boxes</li> <li>* washing the car/ cleaning windows</li> <li>* play wrestling/ rough and tumble games/ tug of war</li> <li>* using a weighted cuff for ankle or wrists</li> <li>* wearing a heavy back pack (not more than 10% of body weight)</li> </ul>	
<p><b>Head down low</b> <i>This can feel very intense but also very calming</i></p>	<ul style="list-style-type: none"> <li>* head stand with/ without support</li> <li>* hanging upside down from suspended equipment</li> <li>* laying backwards over therapy ball</li> <li>* hanging over the sofa or bed with head lower than body</li> <li>* Wearing a heavy or tight fitting that can also feel calming</li> </ul>	<p>© David Hudson Acclaim Images.com 0110-1103-0216-2353</p> 
<p><b>Hand-Presses</b></p>	<ul style="list-style-type: none"> <li>* Hand presses - with hands together in a prayer like position press together as hard as possible then relax</li> <li>* hand painting- using colours to dip their hands on it and then doing hand print activity at home.</li> </ul>	 <p>shutterstock.com - 2363720579</p>
<p><b>Chewing</b> <i>For calming and to replace mouthing of inappropriate items</i></p>	<ul style="list-style-type: none"> <li>* chewy tubes</li> <li>* chewy jewellery (chewellery)</li> <li>* chewing gum</li> <li>* chewy foods</li> </ul> <p>Some chewing aids can be hung around the neck so they are always available</p>	
<p><b>Chill out zone</b></p>	<p>A quiet, calm space that can be used to block out overwhelming stimuli, may include:</p> <ul style="list-style-type: none"> <li>* calming music</li> <li>* cushions or a large bean bag</li> <li>* soothing lights</li> <li>* fiddle toys</li> </ul>	
<p><b>Therapeutic listening</b></p>	<p>Use as guided by the Occupational Therapist. This programme is based on frequencies and wavelengths</p>	
<p><b>Movement breaks</b></p>	<ul style="list-style-type: none"> <li>* run an errand, give out books, sharpen pencils as a quick movement break from table top</li> <li>* play with a fiddle toy or stress ball</li> <li>* fiddle with play dough</li> <li>* sit on a move n sit cushion or gym ball</li> <li>* bounce legs against a piece of Theraband</li> </ul>	