

Calming Activity Ideas – Sensory Circuits

1)

The aim of activities in the Calming section is to provide heavy muscle work and/or deep pressure to the body. Some children need extra time in this section to ensure that they are calm and organised before returning to class.

Press-ups

Equipment

none required



Grading

BEGINNER

— wall press-ups with arms extended

INTERMEDIATE

— press-ups on the ground but on all fours

ADVANCED

— full press-up with legs extended, increase the number of repetitions completed

2)

Push or Pull

Move a trolley weighted with heavy objects around a course of cones



Equipment

trolley/wheelbarrow, heavy objects, cones

Grading

BEGINNER

— offer assistance as necessary

INTERMEDIATE

— lengthen the course, decrease the distance between the cones

ADVANCED

— increase the weight in the trolley/wheelbarrow

Comments

If space is at a premium an alternative would be for the child to wear a weighted backpack while walking on the spot.

3)

Pilates Plank Exercise

The child lies prone on the mat, comes up onto their forearms and onto their toes, forming their body into a 'plank' position as shown

Equipment

gym mat



Grading

BEGINNER

help the child to feel the correct position with support

INTERMEDIATE

increase the duration of the hold

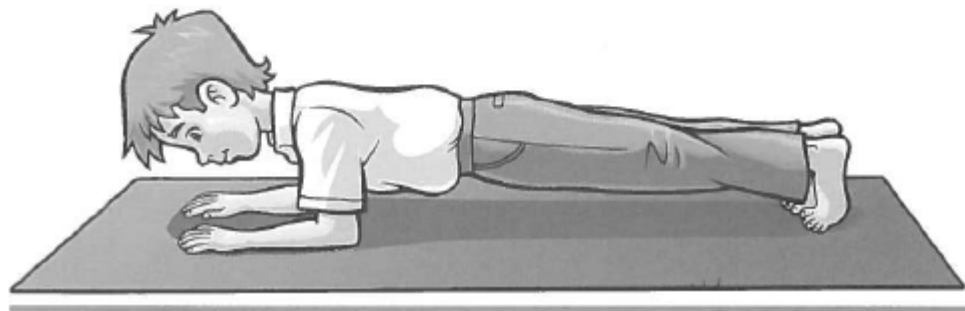
ADVANCED

raise the leg and hold for a few seconds and lower. Repeat with the other leg



Comments

It is important to ensure that the child's back remains flat throughout the hold.



4)

Wall-bar Hanging

The child holds onto a wall-bar and allows their body to hang

Equipment

wall-bar, box



Grading

BEGINNER

place a box under the child's feet so they can learn to hold on without taking their body weight

INTERMEDIATE

initially hang facing the bars, then face away from the bars

ADVANCED

increase the amount of hanging time



5)

Ball Squash

The child lies prone on a mat; a large exercise/fit ball is rolled slowly up and down the child by an adult, using maintained and consistent pressure



Equipment

exercise/fit ball, gym mat



Comments

Do not allow the child to lie supine (face up). Maintain deep pressure for longer within the child's tolerance levels. Let the child direct. Additionally, carry out a deep hand massage or other deep pressure joint compressions. (Do not engage in such activities unless shown how to do so safely by a health professional; also check for medical issues.)

