**Suggested sensory circuit activities to help focus**

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|  | 9am | After Break | After Lunch |
| Monday | Wall push off; place hands on the wall and bend elbows, try to touch the wall with nose (x 10)  Image result for child wall push ups | Chair push up; push through arms on chair seat so bottom lifts off (x 10)  Image result for chair push ups | Tummy push up; lie on stomach on the floor, elbows bent, hands near shoulders, push upper body off the floor (cobra)  Image result for yoga cobra for kids |
| Tuesday | Joint compressions; firm pushes through each joint from head to toes, tip head forwards, back, side to side, shrug shoulders up and down (slowly and firmly), push hands together (elbows out to the side) put hands behind back and interlock fingers, squat and stand | Crab walkingOver 80 amazing proprioceptive activities that provide powerful and lasting proprioceptive input. These simple ideas can be used quickly to calm, focus, alert. | Back to back ball (or bean bag or anything handy!) passing  Image result for back to back ball passing for kids |
| Wednesday | Happy baby pose happy baby yoga pose | Bunny hops x 10  Star jumps x 10 | Jog on the spot for 10 secs, then walk a tightrope, repeat |
| Thursday | Back to back stand up (sit in pairs back to back with arms linked, try to stand up by pushing against each other) | Tightrope walking with bean bag on head, then stand still and toss bean bag from one hand to the other | Chair push up; push through arms on chair seat so bottom lifts off (x 10)  Image result for chair push ups |
| Friday | Tummy push up; lie on stomach on the floor, elbows bent, hands near shoulders, push upper body off the floor (cobra)  Image result for yoga cobra for kids | Wall push off; place hands on the wall and bend elbows, try to touch the wall with nose (x 10)  Image result for child wall push ups | Crab walking  Over 80 amazing proprioceptive activities that provide powerful and lasting proprioceptive input. These simple ideas can be used quickly to calm, focus, alert.  Try balancing a beanbag on your tummy |