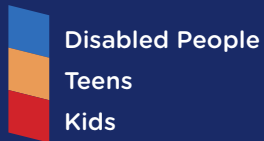


STAY ACTIVE RESOURCE CARD

Sensory Motor Circuit

HELPFUL TOOLKIT - DESIGN
YOUR OWN SESSION TO
IMPROVE CONCENTRATION
AND REDUCE ANXIETY

Other Stay Active Cards available
Contact email@dsni.co.uk



CREATE A 15-20MINUTE CIRCUIT USING 6-10 ACTIVITIES FROM ACROSS THE GROUPS.
USE AT LEAST 1 EXERCISE FROM EACH, **DELIVERED IN ORDER**. E.G. STAR JUMPS,
SIMON SAYS, SKIPPING, LIMBO, WALL PRESS, YOGA.

1

Alerting

STIMULATE MOVEMENT, BALANCE AND SPATIAL AWARENESS.

Choose from:

- Star Jumps
- Running on the spot
- Rolling / crawling
- Simon says
- Bouncing / hopping
- Skipping



2

Organising

PROVIDE A MOTOR CHALLENGE.

Choose from:

- Egg and spoon
- Balance games - hopscotch/ropewalk
- Limbo
- Obstacle course
- Funny walks (animal walks)
- Target games (throwing /kicking)
- Catching games



3

Calming

CALMING EXERCISES USING DEEP PRESSURE.

Choose from:

- Press on a wall for 10 seconds repeating 3 times
- Ball squash – Roll ball firmly over child's back and legs as they lie on front
- Firmly massage a body part - back , feet , hands, shoulders
- Child Yoga Positions
- Weighted blanket

