

# SENSORY CIRCUITS



**A simple guide to get you started**

# SENSORY CIRCUIT KEY

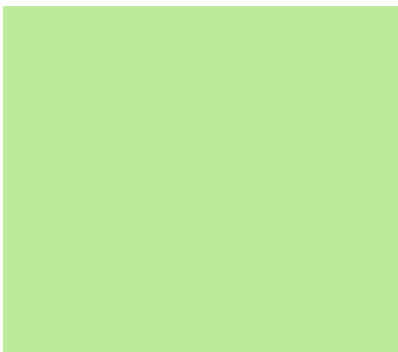
Start with the vestibular activities and work your way through the different sections. Below is an example. You could laminate each activity card, add velcro and then stick them on the coloured squares.



## VESTIBULAR SEEKING ACTIVITIES



## GROSS MOTOR PROPRIOCEPTIVE SEEKING ACTIVITIES



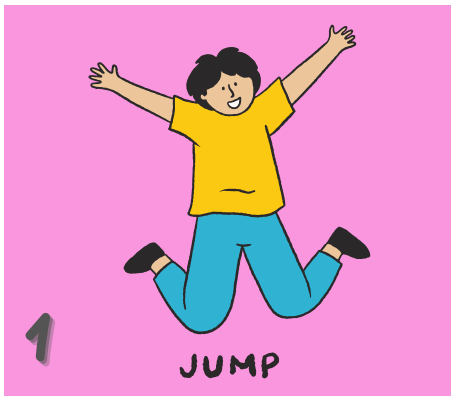
## FINE/ORAL MOTOR PROPRIOCEPTIVE SEEKING ACTIVITIES



## DEEP PRESSURE SEEKING ACTIVITIES

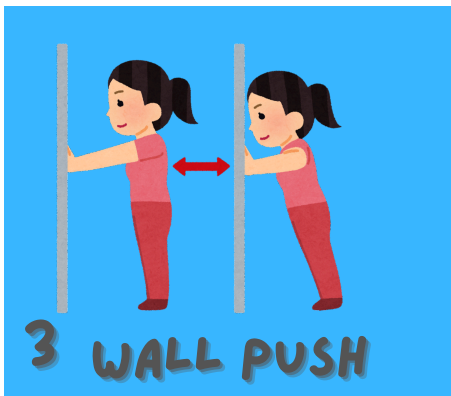
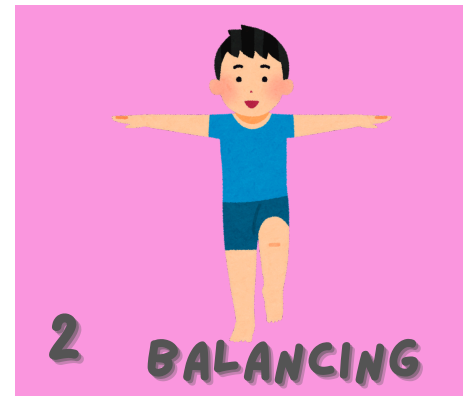
# HOW THIS SCHEDULE WORKS

Start with the vestibular activities and work your way through the different sections. Below is an example. You could laminate each activity card, add velcro and then stick them on the coloured squares.



**START HERE**

**VESTIBULAR SEEKING  
ACTIVITIES**



**GROSS MOTOR  
PROPRIOCEPTIVE SEEKING  
ACTIVITIES**



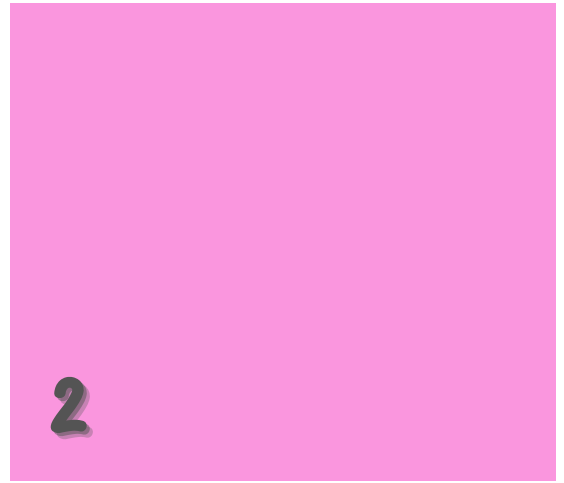
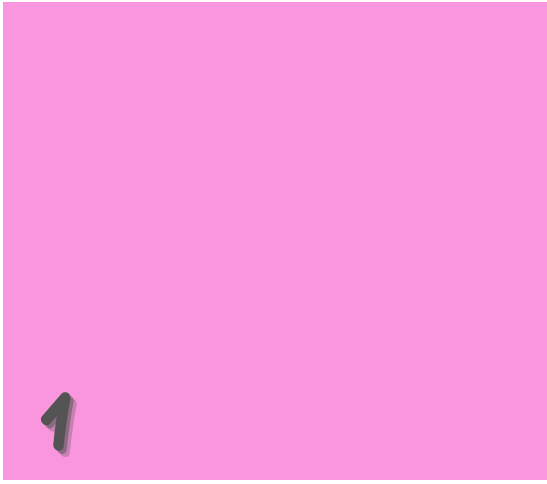
**FINE/ORAL MOTOR  
PROPRIOCEPTIVE  
SEEKING ACTIVITIES**



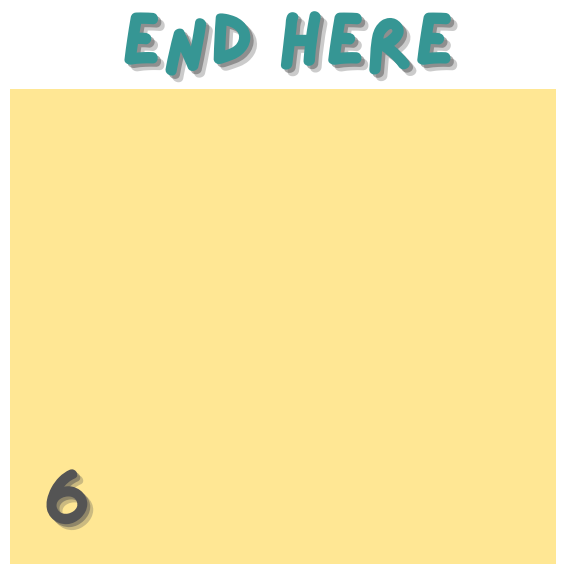
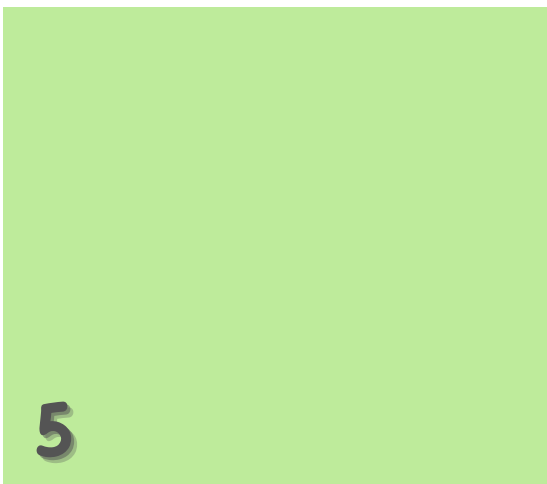
**DEEP PRESSURE  
SEEKING ACTIVITIES**



**END HERE**



**START HERE**



**END HERE**

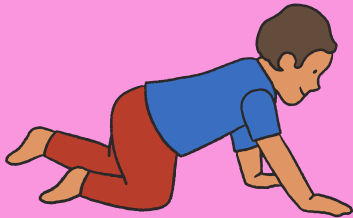
# VESTIBULAR SEEKING ACTIVITIES



**JUMPING**



**BALANCING**



**CRAWLING**



**HOPPING**



**LYING ON FRONT  
READING**



**SIT UPS**

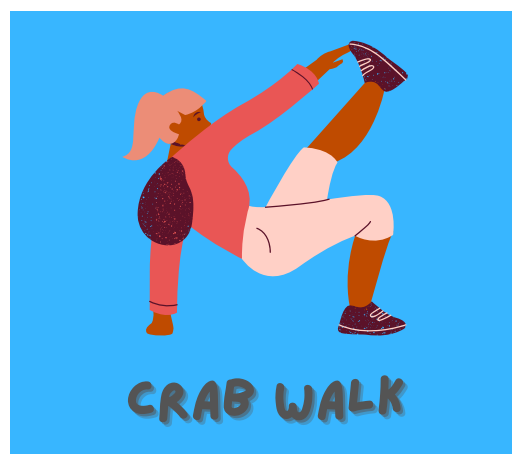
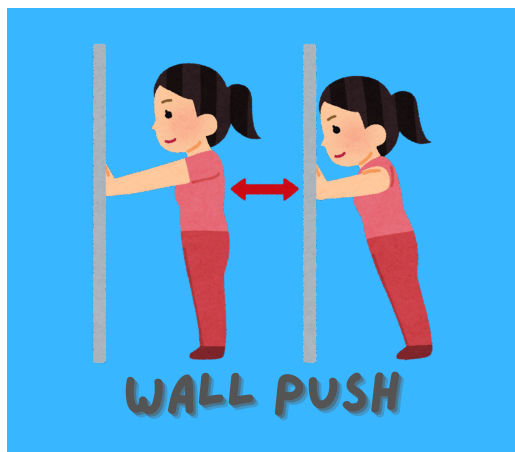


**BOUNCING**



**PRESS UPS**

# GROSS MOTOR PROPRIOCEPTIVE SEEKING ACTIVITIES



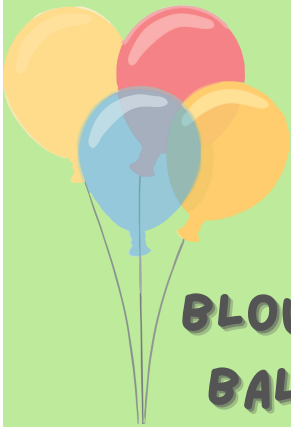
# FINE/ORAL MOTOR PROPRIOCEPTIVE SEEKING ACTIVITIES



**BLOWING BUBBLES**



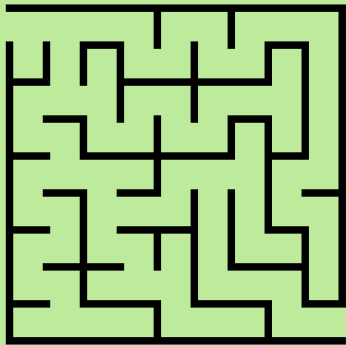
**STRESS BALL OR  
PUTTY SQUEEZE**



**BLOWING UP  
BALLOONS**



**DRAWING**



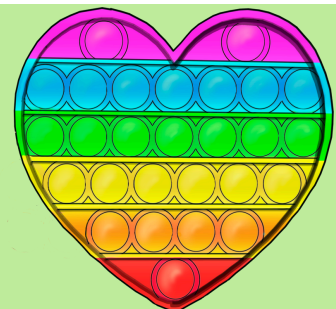
**MAZE DRAWING**



**USING PLAYDOUGH**



**BLOWING FEATHER**



**FIDGET OR CHEW  
BUDDY**

# DEEP PRESSURE/CALMING SEEKING

## ACTIVITIES



**MASSAGE BALL**



**WEIGHTED BLANKET**



**WEIGHTED BALL  
THROW**



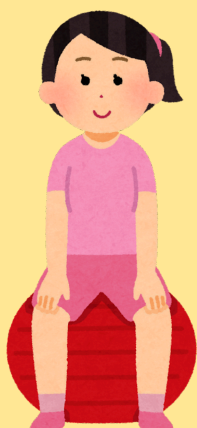
**GENTLE YOGA  
POSES**



**DEEP BREATHING**



**GUIDED MEDITATION**



**EXERCISE  
BALL**



**LISTEN TO MUSIC**