






sensory plan





















 You can use any activities from the plan, you



 don't need to start with the first one. Use red



 activities when children need alerting. Blue activities



 when children need calming and green activities at



 the end of the sequence.


 = 

 Red = alerting


 = 

 Blue = calming


 = 

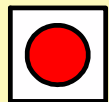
 Green = organising



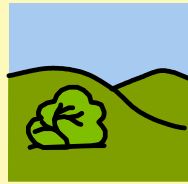
Running



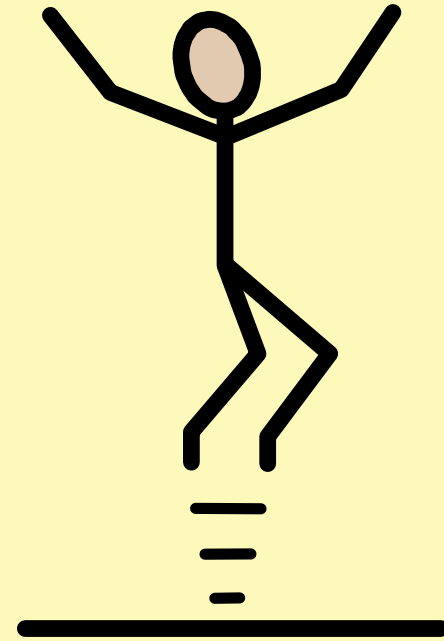
Running



in



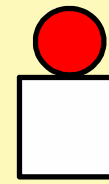
an open space



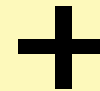
Jumping



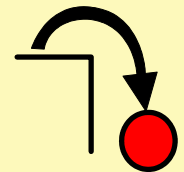
Jumping



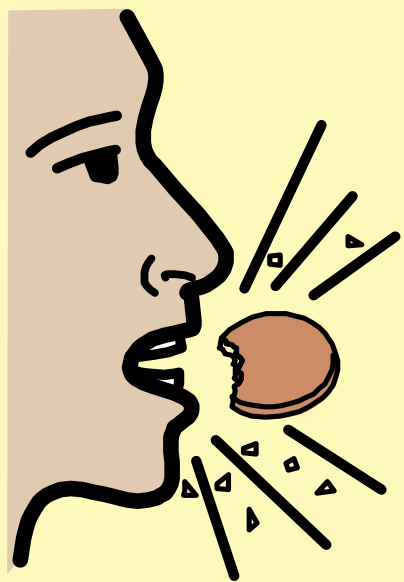
on



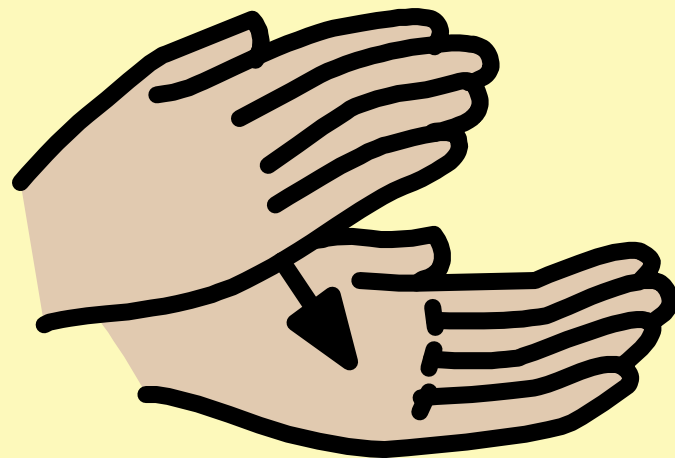
and



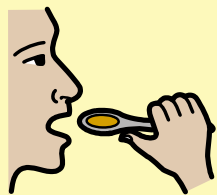
off



crunchy food



clap



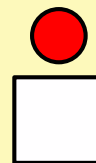
Eating



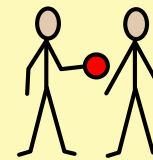
crunchy food



Clap



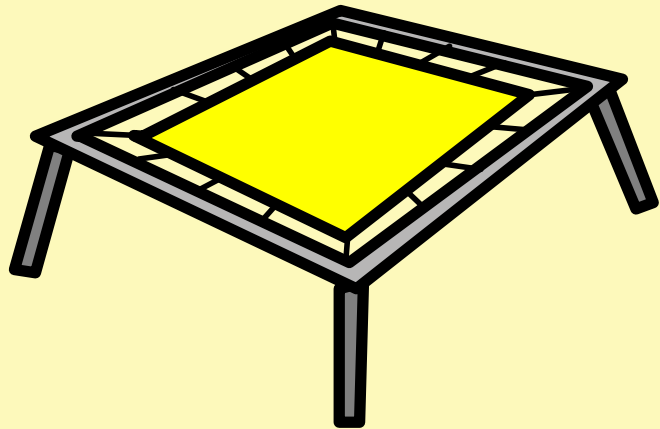
above



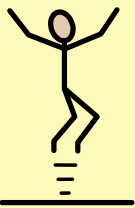
your



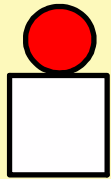
head



trampoline

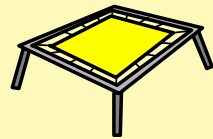


Jumping

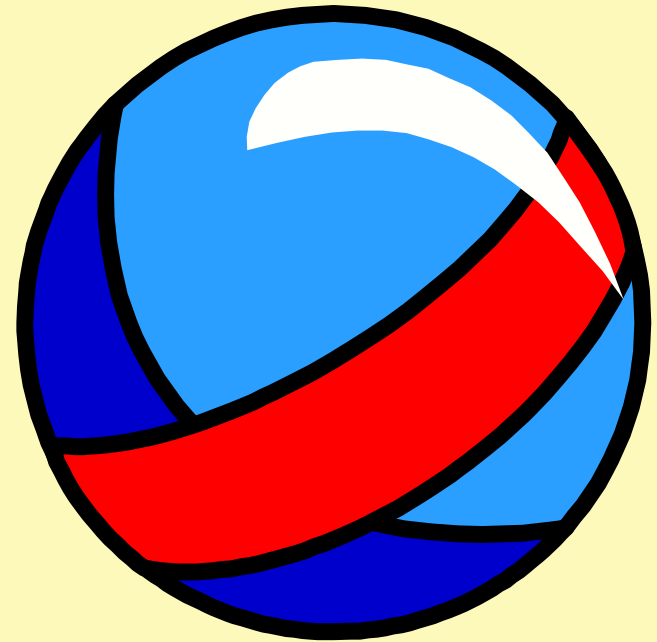


on

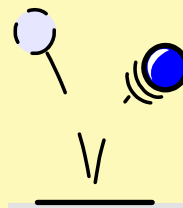
a



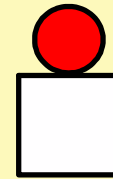
trampoline



gym ball

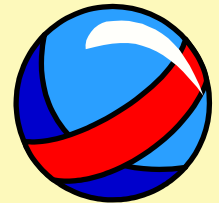


Bouncing



on

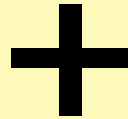
a



gym ball



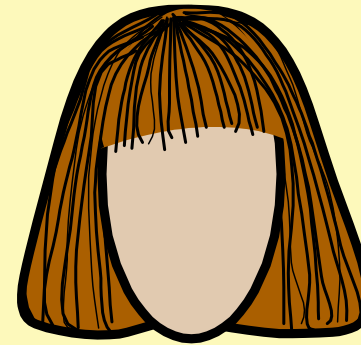
Squeezes



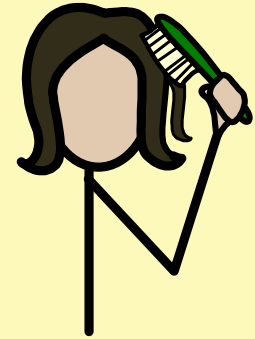
and



hugs



Hair



brushing



Brush

a



doll's

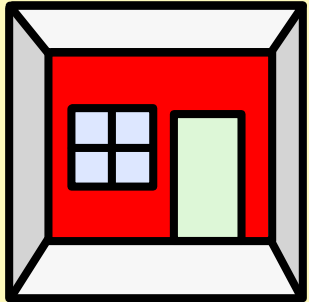
or



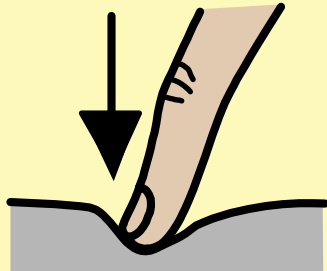
person's



hair



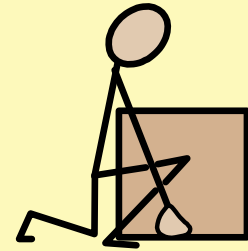
Wall



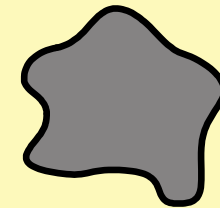
presses



Carry



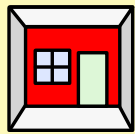
heavy



items



Push



the

wall

10

10



times



Do



jobs



carrying



heavy



things



Ball



Rolling over

a



peanut



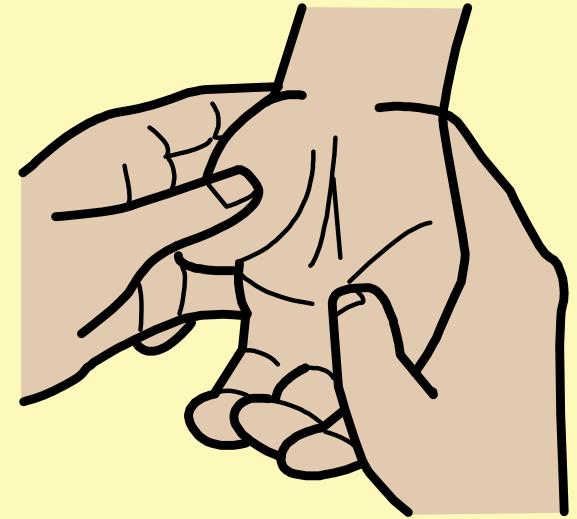
ball



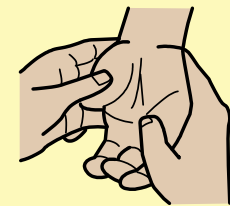
on



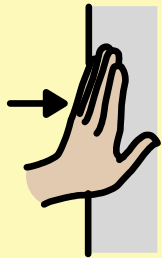
tummy



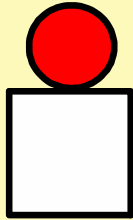
Hand massage



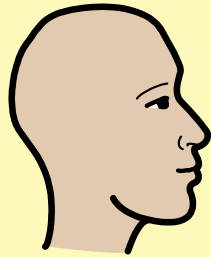
Hand massage



Pushing



on



head



Push



down



on



own



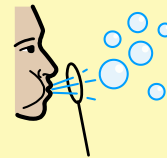
head

5x

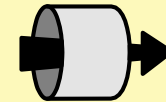
5 times



Bubbles



Blow bubbles



through

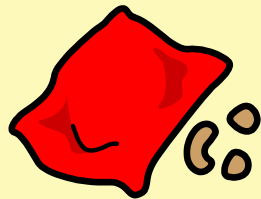


the

wand



Colour matching



beanbags



Throw

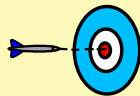


beanbags

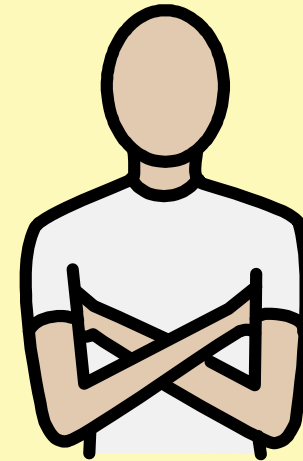
to



different



targets



Cross the midline



Offer



activities

to



move the arms

to



different



sides

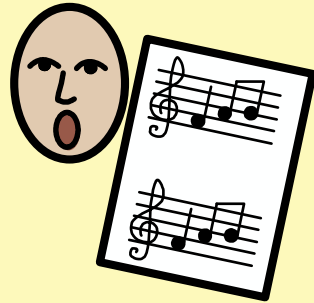
of the



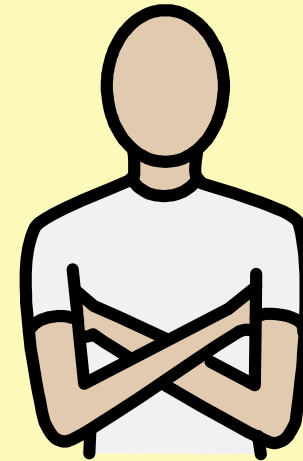
body







Action









songs



Cross the midline

e.g.  head,  shoulders,  knees +  toes

 Offer  activities to  move the arms to  different  sides of the  body