High Five Friday

Be Active Activity

Sensory Circuits

Taking part in a sensory circuit is a great way of helping you to get ready for the day ahead. It energises your body and helps get your brain ready to learn.

Why not have a go at some of our favourite sensory circuit activities:

Ball Roll: This helps to relax our bodies. Lie on the mat and ask a friend to roll a gym ball along your back.

Star Jumps: Jump out and spread your arms and legs to look like a star. Then jump back in. How many star jumps can you do in 1 minute?

Bunny Hops: Hold on to the bench, put your feet together and jump from side to side. Can you do more than 15 before the time is up?

Scooter Boards: Lie your tummy on the board and use your arms to steer the scooter board through the cones.

Bench Pull: Lie on your tummy and use your strong arms to pull yourself along the bench until you reach the other side.

Wobble Boards: Try hard to stand tall and keep your balance. To make it even more tricky you can throw a bean bag at a target while balancing.

Wall Push-ups: Put your hands on the wall and bend your elbows to bring your nose close to it. Then use your strong arms to push yourself back out again. Remember not to move your feet!