

SENSORY CIRCUITS

Sensory circuits are a great way to help our nervous system transition from one state to another so that we are feeling more ready to learn.

ALERTING

Pick one alerting activity to complete for 1-3 minutes



- Star Jumps
- Jog on the spot
- Wall jumps
- Clap hands
- Hopping
- Dance it out

Step 1

STEP 2

- Balance pen finger
- Stand on one leg
- Tummy rub, head pat
- Stepping stones
- Throw and catch
- Balance beam

ORGANISING

Pick one alerting activity to complete for 1-3 minutes



CALMING

Pick one alerting activity to complete for 1-3 minutes



- Palm press
- 6 deep breaths
- Stretch
- Wall press
- Bear hug
- Blow bubbles

STEP 3

GROUNDING

When we feel anxious, our minds can race ahead to the future or get stuck replaying things from the past. This can make it feel like something bad is happening right now, even when we're actually safe. Anxiety can also make us feel overwhelmed or out of control – and that can be really scary. Grounding is a way to bring your attention back to the present moment. It helps you feel more in control and reminds your brain that you're safe.

It's best to try and practice these techniques when you're already feeling calm. That way, your body and brain get used to them and you'll be more likely to remember them when you really need them.



5 things you can see

Look around. Notice things nearby and far away. What colours and shapes do you see?

4 things you can feel

Feel your feet on the ground or your body on a chair. Notice your clothes, your temperature, or your breath

3 things you can hear

Listen carefully. What sounds are around you? Inside or outside? Even your own body?

2 things you can smell

Try to notice any smells – your clothes, food, or something nearby

1 thing you can taste

Focus on your mouth. Can you taste anything, even if you're not eating?



Physical Grounding

Doing something physical like a plank, push up or wall press

Rainbow Noticing

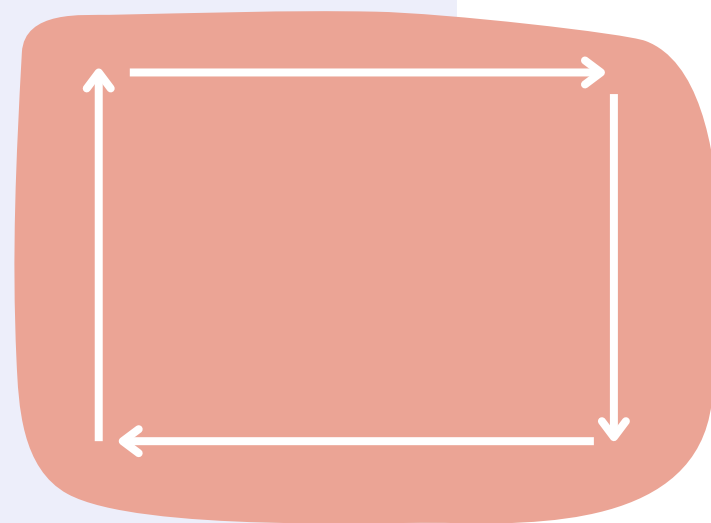
Look around and find something for each colour of the rainbow



BREATHING EXERCISES

Box Breathing

- Imagine or trace a square with your fingers, while tracing:
- Breathe in for 4 counts
- Hold for 4 counts
- Breathe out for 4 counts
- Hold for 4 counts
- Repeat 3 times



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When you've got the hang of this, try 6 counts on the out breath.

When we're anxious, our breathing speeds up. Slowing it down helps us feel calm again



5 Finger Breathing

- Stretch out one hand
- Use your other hand to trace up each finger as you breathe in
- Trace down each finger as you breathe out
- Try to make your out breaths longer than your in breaths
- Do all five fingers

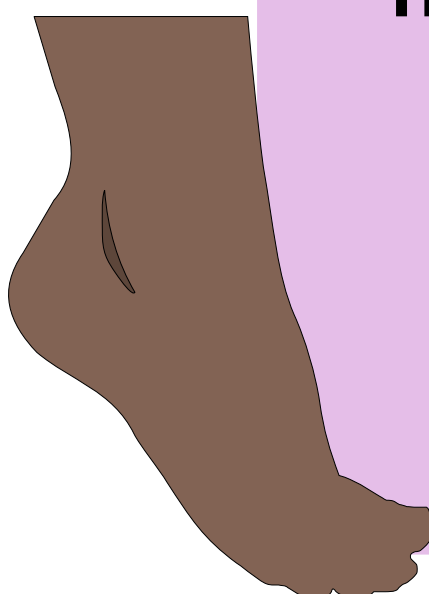
Belly Breathing

- Put your hands on your belly
- Breathe in and feel it rise like a balloon
- Breathe out and feel it relax
- Try to make each breath slow and deep, and out breaths longer than in breaths



Tiptoe Breathing *(adding movement!)*

- Breathe in and rise onto your tiptoes
- Hold
- Breathe out and lower onto your heels slowly



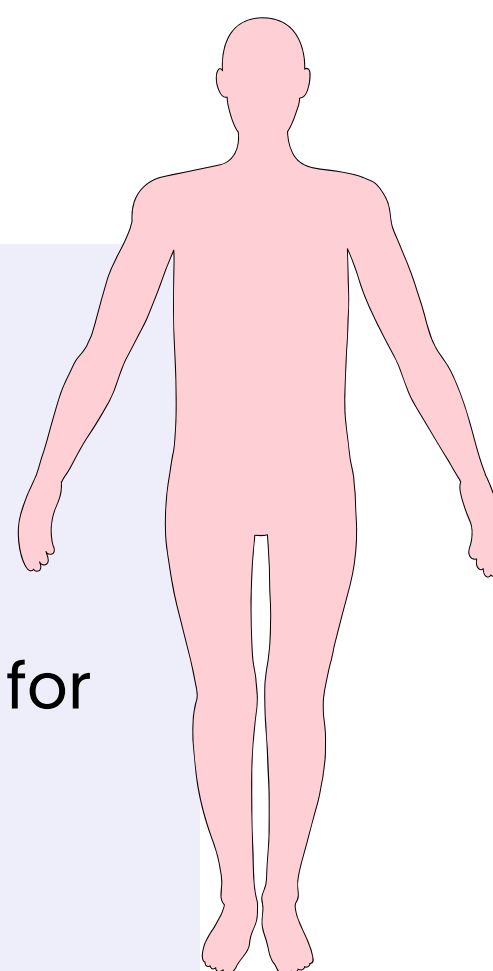
BODY AND SENSORY

When we're anxious, focusing on and moving our body can help us feel calm again

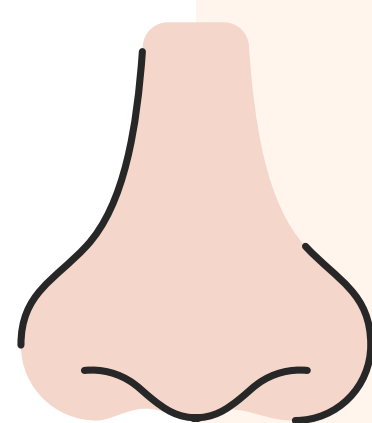
Progressive Muscle Relaxation

When we're anxious, our muscles tense up.
Try this:

- Clench one muscle group (e.g. hands, shoulders) for 10–20 seconds
- Relax it completely for 10–20 seconds
- Work through your body from head to toe



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Strong Smells & Tastes

Strong sensations can help break from worried thoughts and feelings. Make a list of smells or tastes you can use quickly or have a kit to hand:

- Coffee
- Sour sweets
- Strong mint
- Citrus fruit

Rhythmic and/or repetitive movement

Our nervous system finds comfort in some movements and activities more than others.

Try :

- Going for a walk or run
- Dancing
- Humming or singing
- Clapping or tapping

