

St Bernadette's Catholic Primary School



"Butterfly" Sensory Curriculum – 3 Part Sensory Circuit

Sensory Breaks

sensory curriculum®

1 alerting

- Crunchy Snacks
- Exercise Ball Bounces
- Jumping
- Running Circuit
- Climbing
- Energetic Obstacle Course
- Tickles
- Swing / Seesaw / roundabout
- Upside Down Play
- Chasing Game
- Rolling Down a hill
- Skipping
- Dancing
- Shoulder Shrugs

2 organising

- Balance Circuit
- Lining Up Objects
- Climbing Stairs (Walk)
- Posting Objects
- Ordering & Sorting Task
- Complete a Puzzle
- Tracing/ Threading
- Yoga
- Dough Disco
- Exercise ball rolling
- Ball or Toy Car pushing
- Bike/ Trike/ Scooter
- Simon Says

3 grounding

- Carry or lift heavy objects
- Weighted Blanket
- Deep Pressure Squeezes
- Massage Limbs & Head
- Dark den / UV light
- Swaddled in blanket
- Lycra body sock
- Massage brushes
- Large Bean Bag laying
- TACPAC or equivalent
- Wall pushes or press ups
- Humming
- Finger Breathing
- Stretch/ Sway

These are given regularly after every lesson at a minimum- or as often & when needed