

Sensory Processing and Exercise Ideas

Every morning at 9am, Joe Wicks, the Body Coach, is offering LIVE DAILY PE LESSONS through his YouTube Channel <https://www.youtube.com/user/thebodycoach1>

Ideas <ul style="list-style-type: none">- jump on a trampoline- climbing activities- ride a scooter or bike- running/jumping games- wear a heavy backpack or carry heavy shopping bags- create a 'Go Noodle' account – it is free and has lots of fun and free physical activities: www.gonoodle.com- dance along to a 'Just Dance' video on YouTube- Jack Hartmann Kids Music Channel on YouTube- Kids Yoga on YouTube- Cosmic Kids Yoga www.cosmickidsyoga.com- playdough- daily mile (around garden)	Sensory Regulating Activities <ul style="list-style-type: none">- jump on a trampoline- running and jumping games- play in a sand pit with wet sand- bounce on a space hopper- skipping- jumping onto a crash mat- bouncing on an exercise ball- going for a run- star jumps etc- step ups – use bottom step on stairs
Sensory Organising Activities <ul style="list-style-type: none">- crab walking- press ups- rolling on tummy on exercise ball – walk hands out as far as possible without falling off- wheelbarrow walk- play catch with a heavy ball- unpack heavy groceries- wear a heavy backpack for short periods of time- riding a bike	Sensory Calming Activities <ul style="list-style-type: none">- provide a small box/tent with blankets or cushion for the child to squeeze into to calm and quiet- roll tightly in a towel or blanket- bear hugs- fidget toys- firm towel rub after bathing/swimming- sit with a pillow/weighted blanket etc on lap- blowing bubbles- Pilates plank- ball squash – child lies on stomach and a ball is rolled up and down the child by an adult