

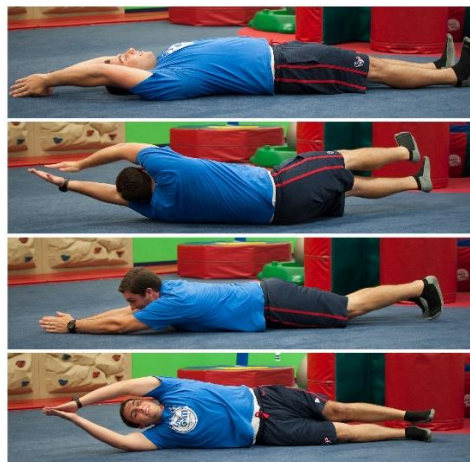
## Visual Schedule for Sensory Circuit (see video)

At least once every day -preferably in morning to get brain and body going!

### START



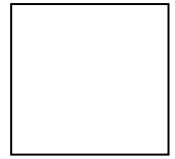
Snow Angels (10-20)



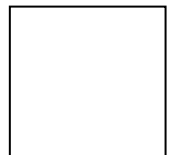
Log Roll



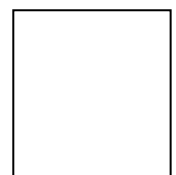
Superman Pose (8 secs x3)



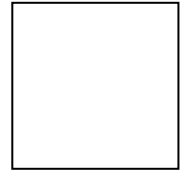
Lift and place 5 objects right to left, left to right  
(crossing body midline)



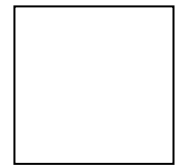
Belly Crawl  
(could use blanket over chairs)



Walking Cushions



Cross Crawl-opposite hand to opposite knee (10-20)  
(can do sitting on chair)



Roll ball with right foot, left foot (10-20)

Ball skills (choose 1/2/3)



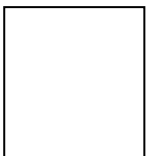
Throw and Catch

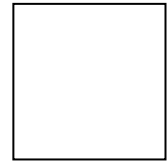


Bounce and Catch



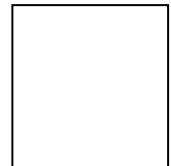
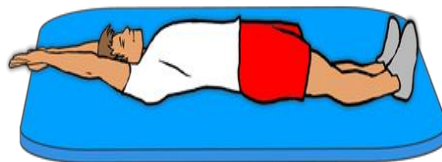
Roll ball up and down wall



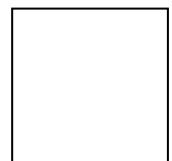
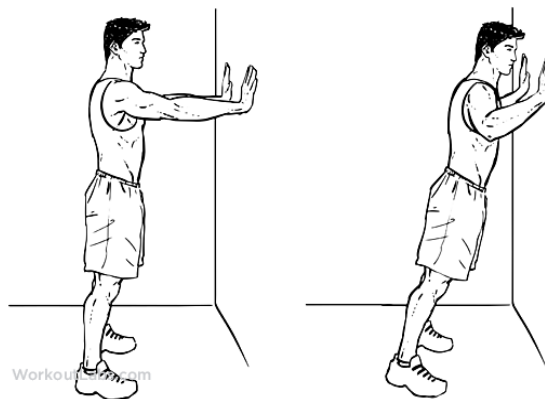


Push with hands and lift chest (8 secs x3)

lying down pencil



Make pencil shape and hold (8 secs+)



Wall Press-ups (10-20)

Well Done \_\_\_\_\_!!

