



# A Sensory Life

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## Circle Time Ideas and Tips

- ✓ Begin circle time with a movement activity/ body stretch or song involving whole body movement, this will help get the wiggles out prior to sitting for circle time. 2-3 minutes is sufficient to prep the nervous system
- ✓ Conduct circle time in various body positions such as on elbows and stomach lying down, side lying, leaning back on elbows
- ✓ Allow various sensory tools to be used and shared during circle time such as a weighted lap pad, ball chair, bean bag, squish box, fidget toys for hands, vibrating pillow, body sock, sitting on hippity hop ball
- ✓ Depending on the length of circle time, be sure to take movement and muscle breaks frequently
- ✓ Be sure to have the child who may be defensive to touch sit on an end...not between other children as touch can be threat to the nervous system
- ✓ Place your sensory seeker on the end as well if possible, to limit distracting others. The sensory seekers will likely do very well in a squish box or in a body sock.

