**Jasmine Class Sensory Circuit Timetable**

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|  | **9:30am** | **2pm** |
| **Monday** | **Alerting:** ‘Wake Up’ song  **Organising:** Game of ‘Elle Says…’  **Calming:** Massage with cream | **Alerting:** Jogging on the spot for 30 secs  **Organising:** Throwing beanbags into hoop  **Calming:** Yoga |
| **Tuesday** |  | **Alerting:** Star jumps for 30 secs  **Organising:** Balancing on one leg  **Calming:** Wall push |
| **Wednesday** | **Alerting:** ‘Shake Your Sillies Out’ song  **Organising:** Throw and catch with a friend  **Calming:** Roll sensory balls on arms |  |
| **Thursday** | **Alerting:** Kiboomers Freeze Dance Song  **Organising:** Balance on one leg  **Calming:** Wall push | **Alerting:** Jogging on the spot for 30 secs  **Organising:** Game of ‘Elle Says…’  **Calming:** Roll sensory balls on arms |
| **Friday** | **Alerting:** ‘Hokey Pokey’ song  **Organising:** Throwing beanbags into hoop  **Calming:** Yoga | **Alerting:** Star jumps for 30 secs  **Organising:** Throw and catch with a friend  **Calming:** Massage with cream |