**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 |