

# A Sensory Life

## **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 different 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, or 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 with a fidget tool, vibrating pillow, or oral sensory tool.
- Offer oral sensory tools during circle time such as a Camelbak® water bottle, crunchy or chewy healthy snacks, or designated oral sensory tools.

