

# Sensory Exercises

The following movement based exercises aim to improve mobility and coordination. These exercises have been designed for people with complex disabilities but can be enjoyed by anyone.

## Outcomes

These activities could support everyday tasks



My choice



Something new



Challenging



Health & Fitness

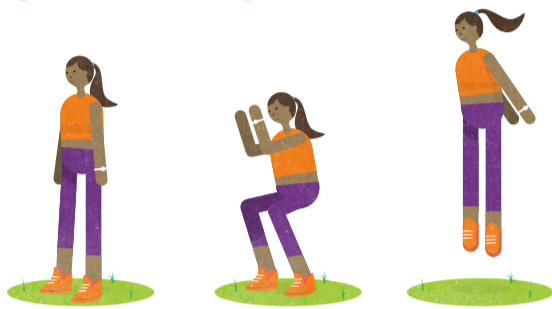


Exploration

## Top Tips

- Support participants by gently guiding their body or ask them to feel and mirror your movements.
- Use household objects or surfaces to make exercises more sensory - see glossary in footer.
- Support someone individually or enjoy exercises as a group.

## Squat Jumps



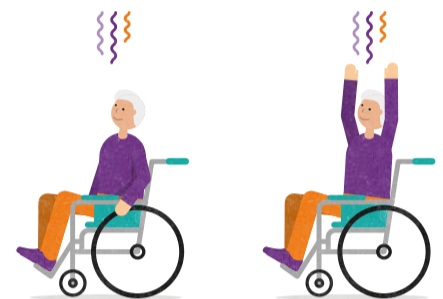
**Make it easier:** only bend knees  
**Make it harder:** take a wider stance  
**More sensory:** try barefoot on different surfaces

## Chair Squats



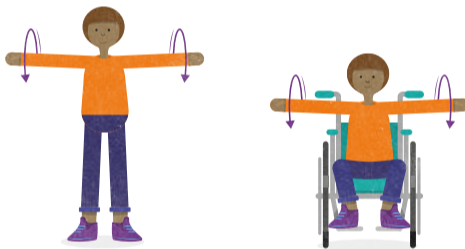
**Make it easier:** use a taller touch-point  
**Make it harder:** remove the chair  
**More sensory:** place tactile targets on the chair

## Seated Reach



**Make it easier:** one arm at a time  
**Make it harder:** move the target each time  
**More sensory:** place tactile targets above

## Arm Circles



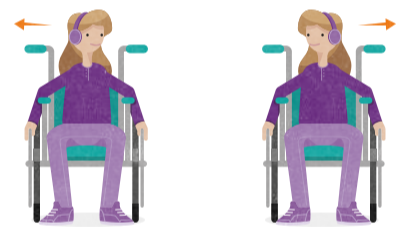
**Make it easier:** one arm at a time  
**Make it harder:** hold something heavy  
**More sensory:** hold tactile objects in hands

## Side Bends



**Make it easier:** don't raise arms  
**Make it harder:** hold for 30 seconds  
**More sensory:** place a tactile target to reach such as a balloon

## Head Swivels



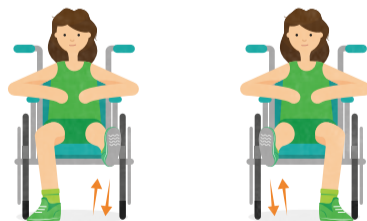
**Make it easier:** smaller range of movement  
**Make it harder:** touch shoulder with chin  
**More sensory:** add stimulation such as a fan blowing air

## Standing Lunges



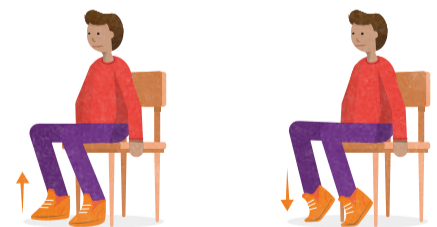
**Make it easier:** take a smaller step  
**Make it harder:** take a longer lunge  
**More sensory:** try barefoot on different surfaces

## Leg Raises



**Make it easier:** smaller range of movement  
**Make it harder:** place multiple targets  
**More sensory:** try barefoot with tactile targets

## Heel Raises



**Make it easier:** smaller range of movement  
**Make it harder:** use both feet  
**More sensory:** place a tactile object under the feet

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**Tactile Objects:** balls, ribbons, bells, woolly jumper, pillows, rice, tin foil, sponge, beads, buttons, cotton, seashells, shaving foam

**Tactile Surfaces:** grass, wood, bark, sand, shredded paper, carpet