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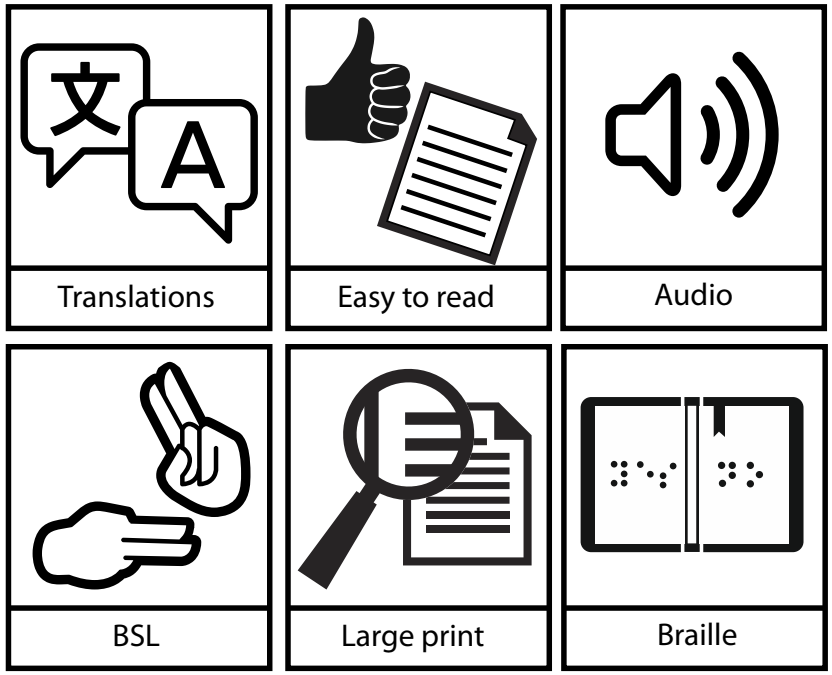

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Last reviewed: October 2020
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EAST AYRSHIRE Health & Social Care Partnership

North Ayrshire Health and Social Care Partnership

south ayrshire health & social care partnership

NHS Ayrshire & Arran

Children and Young People's Occupational Therapy Service

Sense-able Ideas:

Chair Aerobics for Children and Young People

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Chair aerobics are a quick and easy way to provide sensory input to help children/young people meet their sensory needs. You can do simple exercises whilst seated (for example, touch toes, kick legs, wave arms). To make it more fun try including an imaginative theme. Listed below are a few examples:

Jungle

- Look through binoculars
- Stomp through the mud
- Peek through the grass
- Pick up a bug
- Look up into the trees
- Tip toe across the rocks
- Swim across the river
- Explore a cave
- Climb a tree

Seaside

- Put on your suntan lotion
- Put on a hat
- Tip toe across hot sand
- Pick up a pebble
- Climb up a palm tree
- Swim in the ocean
- Fly a kite
- Surf the waves
- Jet ski

At the Gym

- Warm up stretches
- Run on the treadmill
- Weight lift
- Cross train
- Skip
- Row
- Cool down stretches

Take Part in a Bike Race

- Put on your cycle helmet
- Climb on your bike
- Cycle as fast as you can
- Cycle around corners
- Wave to the crowd
- Cycle over bumpy ground
- Drink from a water bottle