

Sensory systems homework sheet

How you can help reduce stress and keep your brain feeling 'Safe ' to increase your chances of working within your 'Parasympathetic Nervous system [Thrive mode] by performing these simple exercise drills for training 5 of our key
Sensory systems:

1. Respiratory

Take 5-7 Deep Box breathsbreathe in, pause, breathe out, pause.

2. Visual

Lie down and focus on a point above you. Keeping the head still, look from left to right 3-4 x , then up and down 3-4 x, and diagonal left and right etc. 3-4 times. Now slowly circle the eyes around clockwise 2-3 x then anticlockwise.

Finish with peripheral range training by slowly taking one finger out to the side as far as you can, keeping it within visual range. Do both left & right then up and down.

3. Vestibular

Perform 10 -15 head shakes whilst fixing the eyes onto one point.

Practise a simple standing or seated balance with eyes closed then eyes open .

4. Spatial

Perform simple throw and catch moves for 1 minute.

Place small objects eg. Coins, on the floor and try to touch them accurately with hands, then feet, firstly with your eyes open, then with eyes closed.

5. Proprioceptive

'Proprio-stym' 'Dry shower' 'Nerve warmup'

Touching the entire body with a mixture of strokes, slaps, scratches, tapping to wake up the nerve endings. Paying a little more attention over joints.