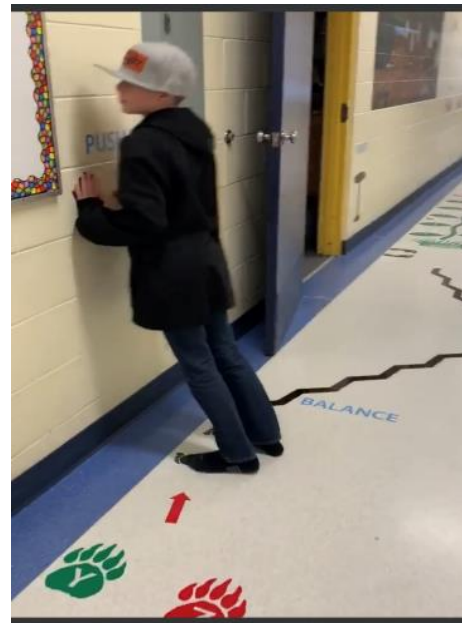




What is a sensory circuit?

A sensory circuit is a set of short and snappy physical activities. It's a fun way to start setting children up for the day.

A series of activities to wake up senses, energise and settle children.



Aims

- To focus concentration for readiness for the days learning.
- Encouraging the development of the child's sensory processing skills.
- Calming and organising the child.
- Coordination and balance differences.
- Sensory processing differences.
- Constantly rocking.



How to get started

Build the circuit into the child's day first thing, as part of a morning routine, then after lunch, again in the afternoon.

The circuit should provide a sequence of activities.

Start with something:

- Alerting, move on to an
- Organisation stage and finally to a
- Calming phase

Alerting ideas

- Jumps
- Bunny hops
- Hopping,
- Skipping
- Star jumps
- Following footprints
- Mini trampoline
- Hurdles etc

Organisation ideas

- Balancing on a beam
- Arm push ups against a wall
- Climbing
- Pulling body along a bench
- Wobble boards
- Throwing bean bags into a target etc

Calming ideas

- Lying down under weighted blankets
- yoga ball rolled over their back
- stress balls
- objects to touch and feel etc

Remember sensory circuits can be done anywhere in school, in a hall, in a space in the classroom, anywhere outside and even in a corridor.

Be creative and have **fun!!**

