

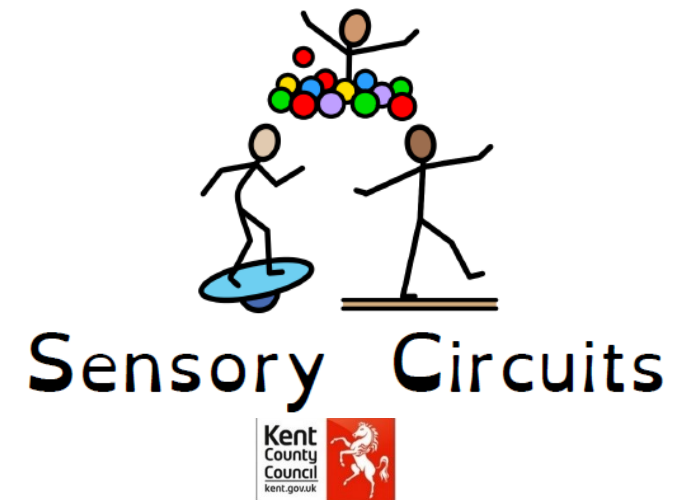


Sensory Circuits

A sensory circuit is a form of sensory integration intervention. It involves a sequence of physical activities that are designed to **alert, organise and calm** the child

Early Years Specialist Teachers
Ifield Smile - Specialist Teaching and Learning Service
Cedar Federation
Ifield School,
Cedar Avenue,
Gravesend
DA12 5JT

Tel: 01474 536924



Sensory circuits

Alerting activities

Star jumps

Running on the spot

1 1 minute per activity

Organising activities

Hop

Walk in a line

2 2 minute per activity

Calming activities

Wall press up

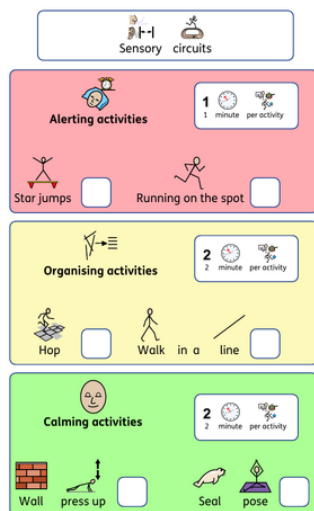
Seal pose

2 2 minute per activity

Through our senses our brain needs a balanced diet so that we can make sense of the world enabling us to function. We need to experience a variety of sensations in order to keep our brains energised, organised, alert and calm. With a regular sensory diet, we can cope.

When children have difficulty with self-regulation and calmness, if they cannot achieve this their attention can be directed to the wrong cues. They therefore need the support of a balanced 'sensory diet' to maintain appropriate levels of alertness.

For these changes to be successful a sensory diet must be carried out consistently. A child can take a while to respond but once they do a child's attention and functioning should be improved



Section One - Alerting

The aim of this section is to provide vestibular and proprioceptive stimulation within a controlled setting. This prepares the brain for learning and the demands of the school environment.

- Bouncing on the peanut ball
- Spinning hoops
- Jumping from a block
- Jumping Jacks
- Spinning (controlled)
- Dancing
- Trampoline

Section Two - Organising

This section includes activities that require motor sensory processing, balance and timing. These activities help improve focus and attention. The child needs to organise their body, plan their approach and do more than one thing at a time in sequential order.

- Balancing on a wobble board
- Throwing beanbags into a hoop
- Arm pushing against the wall
- Walking on stilts
- Log rolls
- Throwing and catching

Section Three - Calming

The calming activities are very important as they provide input to ensure that children leave the circuit and return to their classrooms calm, centred and ready for the day ahead.

- Watching something calming
- Wrapping child tightly in a blanket or rolling up in a carpet
- Walking around calmly

For most effective outcomes, sensory circuits should be completed on a regular basis. Ideally, the circuit will take no more than 15-20 minutes. The children should spend up to 5 minutes in each section performing the different activities.

It is important to consider that each child's needs and tolerance levels are different. Some children may need more time in the alerting or calming sections to enable them to be more organised and prepared for the day's learning. Children should be encouraged but not forced to participate in the circuit and must be supervised at all times.