



Sensory Circuits

“A sensory circuit is an intervention technique which involves a sequence of physical activities, contributing to sensory processing. The circuits allow children to reach a level of alertness that’ll help them to concentrate throughout the day.”

What are Sensory Circuits?

Sensory circuits are like circuits we might do in the gym. They are a sequence of physical activities that are either alerting, organising or calming. The aim of sensory circuits is to ensure the sensory system is running correctly by facilitating sensory processing. Sensory circuits should be physical, active and fun; they can be done in a group or individually, at any time of day.

Planning Sensory Circuits

Plan your sensory circuits to include a sequence of activities that are done repeatedly. The order of activities is very important and should follow the pattern listed below:

- start with alerting activities
- follow this with organisational tasks
- finish with a calming option

Alerting

These activities prepare the brain for learning. They activate the vestibular system and provide proprioceptive stimulation. The vestibular system is our sense of balance and proprioception is our sense of where our body is in space.

Alerting activities can include:

- doing action rhymes, like ‘heads, shoulders, knees and toes’
- jogging
- hopping
- dancing



Organising

These activities use motor skills, balance and timing. The child will need to organise their body, plan their approach to the activity and do more than one thing at a time in a set order. This helps to increase focus and attention.

Organisation activities can include:

- balancing
- completing an obstacle course
- jumping through hoops
- weaving in and out of cones

Calming

It is important to finish the circuit with calming activities. These will focus on proprioception and deep pressure activities so the child leaves the circuit feeling calm, focused and ready to get the best out of their next activity. Deep pressure works by applying weight or pressure to provide proprioceptive input, which calms our central nervous system.

Calming activities can include:

- pushing against the wall with flat palms
- lying on the floor and pushing against the wall with your feet



Alerting



Bounces. Jump on a trampoline, trampette or gym ball. You could bounce a set number of bounces or for a set time.

Alerting



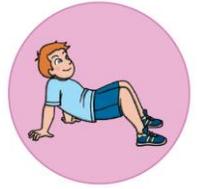
Star Jumps. You could jump a set number of jumps or for a set amount of time.

Alerting



Reach to the Sky. Stretch your arms up high and then down to touch your toes a set number of times or amount of time.

Alerting



Walk Like a Crab. Can you move a set distance or set amount of time.

Organising



Commando Crawl. Do commando crawling for a set distance or a set amount of time.

Organising



Flamingo Pose. Stand on one foot for a set amount of time and then repeat on the other foot.

Organising



Hit the Target. Throw bean bags or small balls at a target a set number of times.

Organising



Blow a Ball. Blow a paper ball, using a straw, towards a target a set number of times.

Calming



Wall Press. Try to push the wall over for a set amount of time. Relax and repeat.

Calming



Child's Pose. Hold child's pose for a set amount of time. Relax and repeat.

Calming



Peanut Rock. Lie on your back and tuck your knees into your chest. Rock backwards and forwards gently a set number of counts or for a set amount of time.

Calming



Shoulder Squeeze. Cross your arms over your chest and hold your opposite shoulders. Slowly squeeze and then release for a set amount of time.