

Sensory Circuits

Participation in a short sensory motor circuit is a great way both to energise and settle children into the day. The aim is to focus concentration in readiness for the day's learning. The circuit also encourages the development of the child's sensory processing skills. Many children can benefit from attending a Sensory Circuit, even for a short period of time.

Many children benefit from these sessions and reasons for beginning the programme vary, they include:

- Constant fidgeting in class
- Slow to start work and constantly missing cues
- Difficulty organising self
- Lethargic and dreamy
- Poor coordination and balance
- Known sensory processing difficulties
- Constantly rocking
- Has difficulty paying attention
- Lacking confidence to join in
- Sensory needs – e.g. chewing/ sucking on objects

Alerting sessions

The aim of this session is to provide vestibular and proprioceptive stimulation within a controlled setting. This prepares the brain for learning. Activities can include such activities as:

- bouncing 10 times on a mini trampoline or space hopper
- spinning a hoop
- bunny hops / crab walks / frog
- Jumps
- therapy ball for rolling over and bouncing on,
- skipping
- walking on cans/stilts

These activities allow children to return to class alert and ready to learn.

Organising sessions

This session includes activities that require motor sensory processing, balance and timing. The child needs to organise

their body, plan their approach and do more than one thing at a time in a sequential order. Activities includes tasks such as:

- balancing on a beam • log rolling • climbing wall bars • throwing bean bags into a target • arm push ups against the wall • blowing bubbles or blowing a paper ball to a target • wobble boards for balance work • Aiming towards a target • Skipping and jumping a moving rope.

These are skills that may increase a child's focus, attention span and performance within the classroom.

Calming session

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

Activities include proprioceptive or deep pressure activities such as: • heavy pressure on bodies • lying under weighted blankets • having balls rolled over their backs • mindfulness techniques • massage on hands/feet with pressure

The circuit should be an active, physical and fun activity that children enjoy. Ideally is should be run first thing in the morning, and after lunch if at all possible. The Sensory Circuit provides a sequence of activities done repeatedly to provide the child with the right type of sensory input in order to calm and organise them for the day ahead ready for learning.