

Sensory Circuits

Participation in a sensory circuit is a great way to both **energise** and **settle** children into the school day and home routine. The initial aim of the group is to support children to be in the optimum state of alertness, and be **ready for learning** (Horwood, 2008). At home, sensory circuits can be done to help with the transition from school to home, and can aid regulation throughout the evening.

The order of the circuit is extremely important:

- 1) **Alerting** section
- 2) **Organising** section and
- 3) **Calming** section.

The circuit ends on calming activities as we don't want a child to end feeling hyperactive, instead they will be calm and ready for learning.

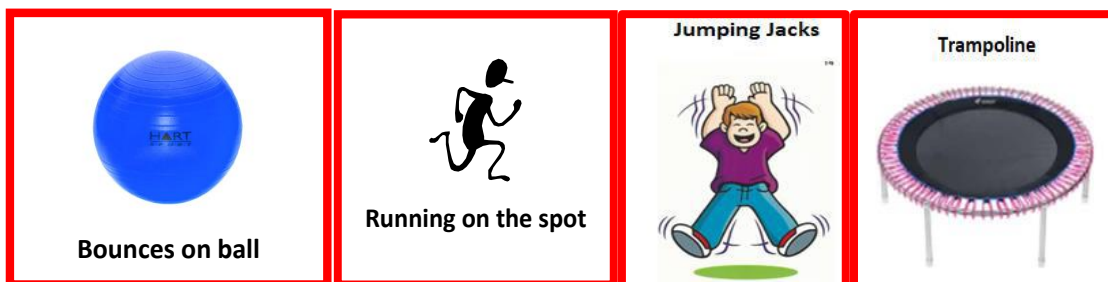
A sensory circuit should last for **15 minutes**, with **5 minutes** spent at each section. Please pick and choose **2-4 activities per section** to work through.

For those that need more input, you should spend no longer than 30 minutes total, with 10 minutes for each section.

Alerting:

These exercises wake up and prepare the brain for learning and for the demands of the school day. The aim is to provide **vestibular stimulation** (providing the brain with sensory information every time the position of the head moves in relation to gravity).

Alerting activities include: jogging on the spot, trampette bouncing, bouncing on an exercise ball, and jumping jacks




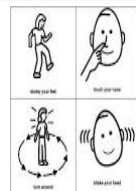


Organising:

These exercises wake up parts of the brain and body that **organise**, plan ahead and sequence multiple actions at once. These are skills that may increase a person's focus, attention span and performance within the classroom.

Organising activities require multi-sensory processing & balance, organisation of body, and motor planning to do more than one thing at a time.

Organising activities include: Simon says, balancing, throwing and catching, obstacle course, crawling and climbing and log rolls.


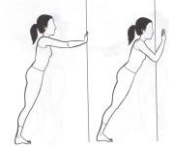



<p>Log Roll</p>  <ol style="list-style-type: none"> 1. Lie on back 2. Place arms outstretched above head with legs straight. 3. Twist to roll over onto stomach in either direction. 	 <p>Throwing and catching</p>	 <p>Walk heel to toe on line – can also balance beanbag on head</p>	 <p>Simon Says</p>
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Calming:

Most important step!

Calming activities provide heavy muscle work and/or deep pressure (**proprioception**), which ensure that children are calm, refocused and ready to learn.

Calming activities include: palm pushes, therapy band stretches wall push ups, slow yoga stretches, breathing exercises and exercise ball/peanut ball squashes.

 <p>Palm pushes – individually or with a partner</p>	 <p>Wall push ups</p>	 <p>Yoga poses</p>	<p>Take deep breath</p>  <p>Deep breathing in a circle</p>	 <p>Ball Squashes</p>
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Have fun and enjoy!