

# SENSORY CIRCUIT

*Sensory circuit* is a short plan of physical activities that enables children to achieve an optimal level of alertness. It lasts 10-15 min and consist of 3 sections:

## Alerting activities

## Organising activities

## Calming activities

**It is vital that the activities are done in this order and that sessions are structured.**

### 1. Alerting Activities

The aim of the alerting activities is to provide vestibular and proprioceptive stimulation with controlled setting.

This prepares the brain for learning.

Here are a few examples of activities for alerting stage:

- Bouncing 10 times on a mini trampoline/trampette
- Bouncing 10 times on a space hopper/body ball
- Going on a scooter/body board
- Jumping on the spot/jumping jacks
- Running/shuttle runs
- Bunny hops/crab walks/frog jumping/squat jumps
- Rolling forward and back over a peanut ball
- Bouncing up and down while sitting on a peanut ball

### 2. Organising Activities

This section 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.

Here are a few examples of activities for organising stage:

- 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
- Crawling
- Swinging in the blanket

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

### 3. Calming Activities

Finishing the circuit with calming activities ensures that child leaves the circuit (or returns to the classroom/activity) feeling calm, centred and as ready for the day as possible

Here are a few examples of activities you could put into the calming section of a sensory circuit:

- Lying under weighted blankets
- Having peanut/body balls rolled over their back while lying on the floor face down
- Hot-dogs (rolling child up tightly in a blanket)
- Spending few minutes in a lycra body sock
- Calming fidget toy
- Massaging hands, feet, arms or legs (deep touch)

For children with low arousal (appear tired/dazed) you will concentrate mainly on alerting activities and for children with high arousal (appear hyper/active/over-anxious), concentrate on organising and calming activities