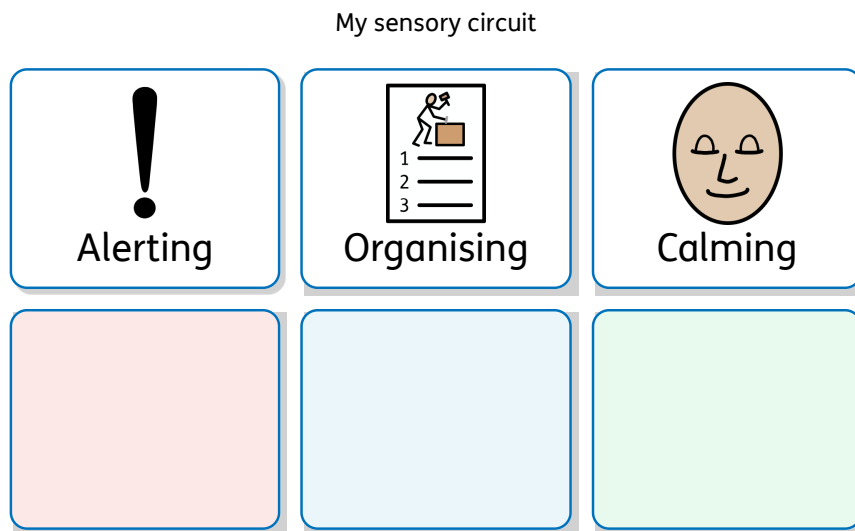


Sensory Motor Circuits

How does sensory circuits work?

Sensory circuits have three elements: alerting activities, organising activities and calming activities. They should be done in this order. The children will choose 1 alerting, 1 organising and 1 calming activity and place it on their sensory circuit card.



When should we do a sensory circuit?

Sensory circuits can be used at the start of the school day or after lunch because they are a great way to get settled and ready to engage in the classroom. However, a sensory circuit can be used at any appropriate time for a child, such as if a child was beginning to lose concentration.

How long does a sensory circuit take?

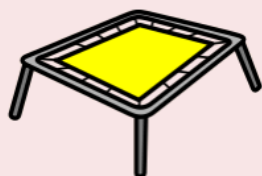
Sensory circuits should be done regularly and the circuit should take around 10 - 20 minutes, with 3 - 5 minutes spent on each activity.

Remember that every child is different, therefore their sensory needs and tolerance for each activity will be different. Some children may benefit from spending more time on activities within a specific section (such as alerting) to set them up for the next part of the day. Some children may also need more circuits during the day.

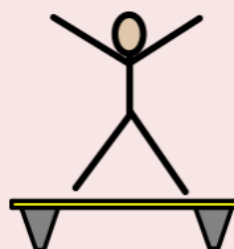
Alerting

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.

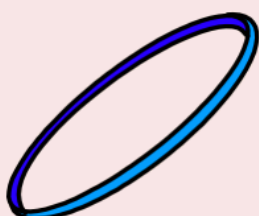
Examples of the 'alerting' activities at Alverton School are:



Trampoline



Star jumps



Hula-hooping



Bouncing



Sensory toys
and lights

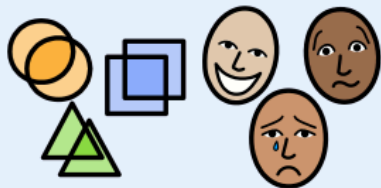


Tiptoe
walking

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.

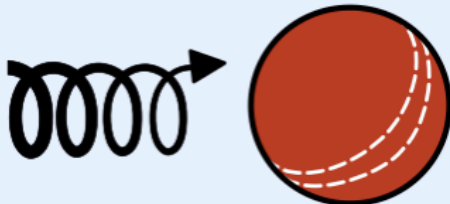
Examples of the 'organising' activities at Alverton School are:



Sort the feeling
bean bags



Teddy Bear
rolls



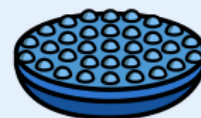
Roll the ball



Hit the target



Bubbles



Wobble
cushion

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, focussed and ready to get the best of their next activity.

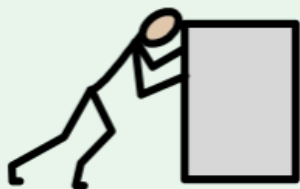
Examples of the 'calming' activities at Alverton School are:



Plank



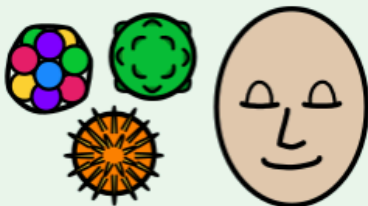
Peanut ball -
rolling



Wall push



Downward
dog



Calming
sensory toys



Weighted
blanket