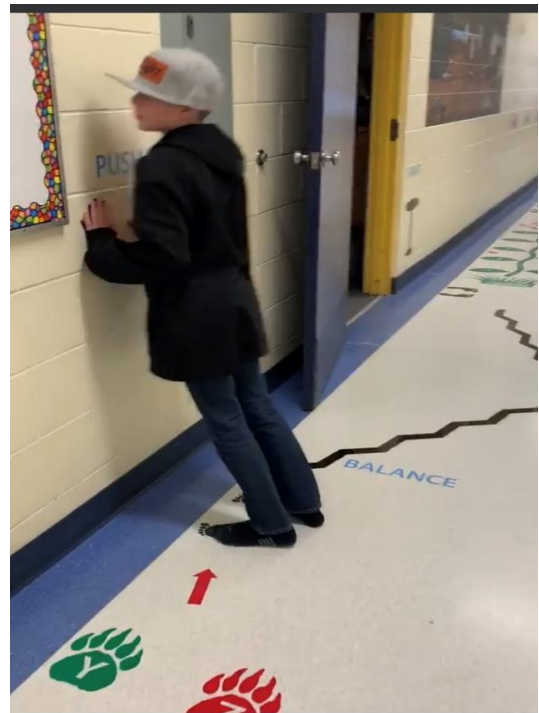
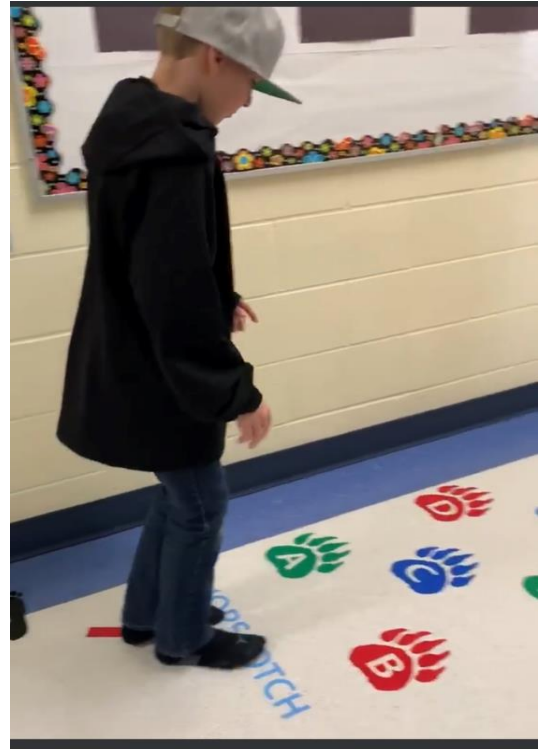
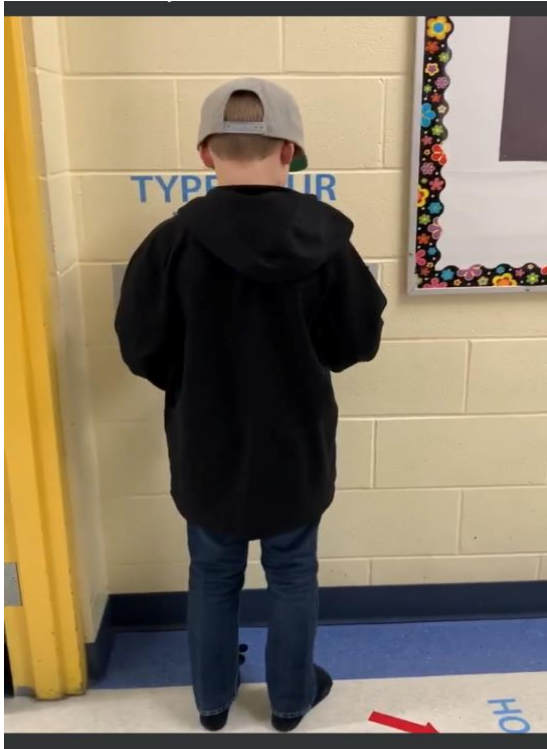


Autism and Social Communication Team

# Sensory Circuit



A sensory circuit is a set of short and snappy physical activities. It's a fun way to start setting children up for the day.

A series of activities to wake up senses, energise and settle children.

### Aims-

To focus concentration in readiness for the days learning;

- Encouraging the development of the child's sensory processing skills.
- Calming and organising the child.

To support children who might display behaviours of;

- Fidgeting in class.
- Slow to start work.
- Difficult organising self.
- Lethargic, dreamy.
- Poor coordination and balance.
- Sensory processing difficulties.
- Constantly rocking.

## How to get started

Build the circuit in to the child's day first thing, as part of a morning routine, then after lunch, again in the afternoon.

The circuit should provide a sequence of activities.

Start with something;

- Alerting, move on to an
- Organisation stage and finally to a
- Calming phase.

### Alerting ideas

- Jumps, bunny hops, hopping, skipping, star jumps, following foot prints, mini trampoline, hurdles etc.

### Organisation ideas

- Balancing on a beam, arm push ups against a wall, climbing, pulling body along a bench, wobble boards, throwing bean bags into a target etc.

### Calming ideas

- Lying down under weighted blankets, yoga ball rolled over their back, stress balls, objects to touch and feel etc.

Remember sensory circuits can be done anywhere in school, in a hall, in a space in the classroom, anywhere outside and even in a corridor.

Be creative and have **FUN!!**