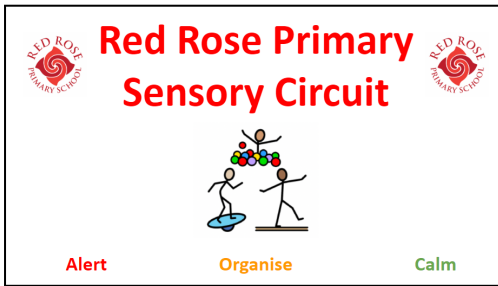


What is a sensory circuit?



A sensory circuit is something that helps children to engage effectively with the day ahead by facilitating sensory processing in order to help a child regulate and organise their senses in order to achieve the optimum level of alertness required for effective teaching.

At different points throughout the day there may be behavioural clues such as fidgeting, poor concentration, excessive physical contact or overall lethargy that can indicate that a child is finding it difficult to connect with the learning process. A sensory circuit aims to meet children's sensory needs leaving them set up for learning. The circuit also encourages the development of the child's sensory processing skills. It involves a sequence of fun, physical activities that are designed to alert, organise and calm the child.

What activities are part of the circuit?

The sensory circuit is visible around school and is broken down into 3 sections:

Section	Description	Example activities
Alerting	The activities in this section provide vestibular and proprioceptive stimulation which prepare the brain for learning and the demands of the school environment. During these activities, the head changes direction rapidly.	<ul style="list-style-type: none"> • jumping/bouncing on a trampoline • skipping • star jumps • running
Organising	These activities provide motor sensory processing and balance. The activities help children to improve their focus and attention. The child needs to organise their body, plan their approach and do more than one thing at a time.	<ul style="list-style-type: none"> • balancing • wobble boards • throwing and catching
Calming	These activities calm the children. They apply deep pressure and heavy work allowing the children to leave the circuit feeling calm and centred and ready for the day ahead	<ul style="list-style-type: none"> • deep pressure activities - ball squeeze and wall press • lying under a weighted blanket • massage arms/legs • press ups



The sensory circuit is designed to start with alerting activities, move to an organising phase and then finally a calming phase in order to help the child regulate. Since implementing the circuit last half term, we have already seen a significant impact on the children's attention, concentration, quality of work and their general happiness back in class. For our KS2 children, the sensory circuit encourages independence as the children take ownership of their own sensory circuit activities. Having their sensory needs met as and when required means that they are ready to learn back in the busy classroom environment.

Who will use the sensory circuit?

Every child's needs and tolerance levels are different. Some children may need to access the sensory circuit to help them regulate as part of their movement break and this is encouraged by staff. Some children may need to use the circuit more frequently than others or for a longer period of time to help them regulate. Every child is different with some children spending longer on alerting or calming sections to enable them to be more organised and prepared for learning. We encourage children to participate in the circuit when required.