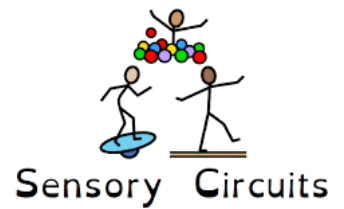




A parents' guide to Sensory Circuits:  
Using physical activities to support learning



What is a sensory circuit?

- A planned short sequence of physical activities
- 10 – 15 minutes long
- Delivered in 3 short sessions:
  - ✓ Alerting activities
  - ✓ Organising activities
  - ✓ Calming activities

Benefits of sensory circuits:

- Helps children to be alert, focussed and ready to learn
- Supports children's attention and concentration
- Promotes motor skills, problem solving, relaxation and well-being through physical play

How do we use them in school?

Follow the sequence of activities: Alert, Organise, Calm.

To focus the children and help them to be ready for learning.

Useful tip for parents:

If your child is tired or lethargic, concentrate mainly on alerting activities

If your child is over-alert or hyperactive, concentrate mainly on calming activities

Example of sensory circuit activities to ALERT

Alert	Organise	Calm
Child sits on peanut ball and bounces up and down for 2 minutes	Child walks and balances over a bench, collecting bean bags and putting them into a hoop on the floor (1 minute challenge!)	Use dance scarves to make large whirling, swirling movements

## Example of sensory circuit to CALM

Alert	Organise	Calm
Child rolls forwards and backwards over a peanut ball slowly for 2 minutes	Child lies with their hands over their head (body is straight) and completes log rolls across a mat on the floor	Lying under weighted blanket watch bubbles from a bubble machine

### Things to try at home:

There are many ways in which you can implement sensory circuits at home without equipment. Why not try:

#### 1. Alerting activities

- bouncing 10 times on a mini trampoline / trampette / space hopper / peanut ball
- going on a scooter / scooter board
- jumping on the spot / jumping jacks / shuttle runs

#### 2. Organising activities

- balancing on a beam / wobble boards
- climbing wall bars
- throwing beans bags into a target

#### 3. Calming activities

- lying under a weighted blanket
- using bubbles for bubble play or dance scarves
- hot-dogs (rolling child up tightly in a blanket)
- calming fidget toys – soft textures

### Useful reading:

Sensory Circuits: A Sensory Motor Skills Programme for Children (paperback) Jane Horwood.