



## Sensory Circuit

### Resources:

[0218 - Sensory Circuits - Info for teachers - April 2018 \(cambcommunityservices.nhs.uk\)](#)

[Sensory Circuits | Children Young People and Families Online Resource \(berkshirehealthcare.nhs.uk\)](#)

[Sensory-circuit.pdf \(adhdfoundation.org.uk\)](#)

[Sensory Circuits - Childrens Choice Therapy](#)

A sensory circuit is an intervention that can be integrated into the school day to support children and young people (CYP) to self-regulate and be ready to learn. This intervention is particularly useful for learners with autism and ADHD. It can also support any learners with emotional regulation needs.

They are often used at the start of the day and after lunch time but may also be of benefit at the end of the day to support self-regulation after school.

A sensory circuit includes 3 aspects:

1. Alerting
2. Organising
3. Calming

The activities must always be done in this order and include all 3 aspects.

The sessions should ideally be 15-20 minutes long and be part of a learner's daily timetable.

### 1. Alerting

**Prepares the brain for learning**

- Activates the vestibular system (sense of balance)
- Activates the proprioceptive system (sense of where our body is)

### 2. Organising

**Increases focus and attention**

- Requires use of motor skills, balance and timing to:
  - Organise their body
  - Plan their approach
  - Complete tasks
- proprioceptive system (sense of where our body is)

### 3. Calming

**Ensures learners are calm, focused and ready to learn.**

- Use of calming deep pressure activities
- Provide proprioceptive (sense of where our body is) input
- proprioceptive system (sense of where our body is)

## Example activities:

### 1. Alerting

- Skipping
- Hopscotch
- Running
- Bouncing on a trampette/trampoline
- Rolling back and forth on a yoga ball
- Bouncing on a space hopper
- Step ups
- Jumping/jumping jacks

### 2. Organising

- Balancing on a beam or line of tape
- Climbing wall/ climbing bars
- Balance with bean bag on head
- A series of actions e.g., 5 claps, 5 jumps, 5 hops
- Blowing bubbles
- Dribbling a ball around cones
- Throwing a ball or bean bag at/ into a target
- Jumping through hoops

### 3. Calming

- Lay under weighted blanket
- Hot dog- roll tightly in a blanket/use body sock for children to push their way out
- Resistance band activities
- Calming/soft fidget toys
- Squeezing or cuddling a soft toy, soft ball or pillow
- Yoga poses
- Heavy muscle work e.g., crawling, wall push ups, planking

### Example sensory circuit

#### Alerting

1. Run 1 lap of the playground
2. Bounce 10 times on the space hopper

#### Organising

1. Balance bean bag on head whilst walking along a plank
2. Blow bubbles for 30 seconds

#### Calming

1. Push against the wall
2. Lay still under the weighted blanket for 2 minutes