

Sensory training

- Participation in a short sensory circuit is a great way to both energise and settle children into the school day or to help them regulate throughout the day.
- The aim is to focus concentration and also encourages the development of the child's sensory processing skills.
- Many children can benefit from taking part in a sensory circuit, even for a short period of time.

Lots of different behaviours can signal a child would benefit from a sensory circuit/activity:

- Constant fidgeting in class
- Slow to work and constantly missing cues
- Difficulty organising self
- Lethargic and day dreaming
- Poor coordination and balance
- Constantly rocking
- Having difficulty paying attention

A sensory circuit should include active, physical and fun activities that children enjoy. Some children will benefit from starting each day with a sensory circuit, others it is best as and when needed.



Alert



Organise



Calm

The first section of the circuit is an 'alerting' activity. This is to help a child who is full of energy to focus and helps prepare the brain for

This section includes activities that require motor sensory processing, balance and timing. The child needs to organise their body, plan their approach and

The calming activities are very important as they ensure the child leaves the circuit feeling calm and grounded ready to return to the

Alert



Organise



Calm

Examples:

- 10 star jumps
- Running on the spot while counting to 30
- Jump as high as you can 5 times (trampoline could be used)
- Complete the trim trail
- Crawl through the tunnel 3 times

Examples:

- Balancing on ribbon
- Throwing bean bags into a target
- Hopping/skip ping over a ribbon
- Log rolling
- Climbing wall bars
- Balancing on a beam

Examples:

- Having balls rolled over their backs (large and small)
- Lying under a weighted blanket
- Hot dogs-rolling up tightly in a blanket

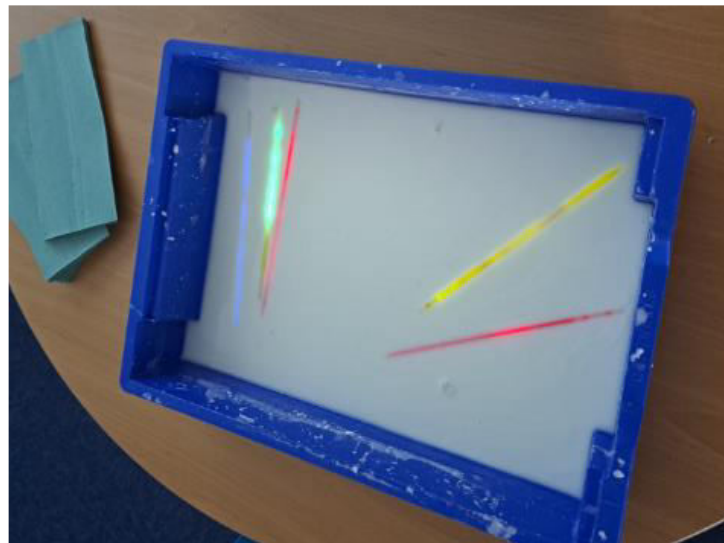


Sensory activities

These can be done regularly in smaller sessions using equipment from our sensory station in the Woodland room



Sensory activities





Curl up as small as you can and count to 5

Slither on the floor like a snake



Move forward 5 steps slowly like a sloth

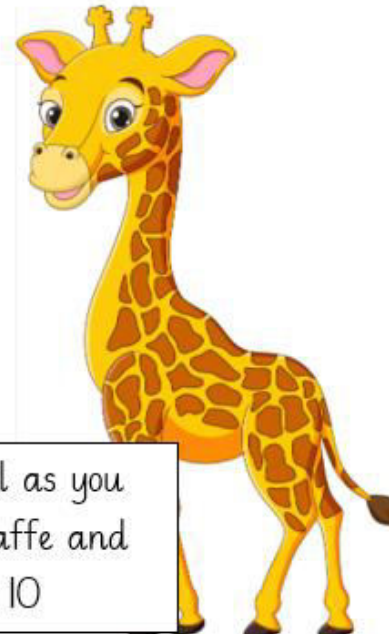


Spread your arms as wide as you can and count to 6



6 bunny hops forward

Stretch as tall as you can like a giraffe and count to 10



Independent t/mini sensory breaks

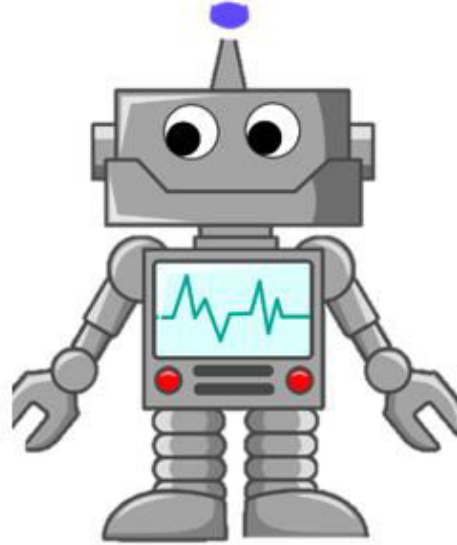
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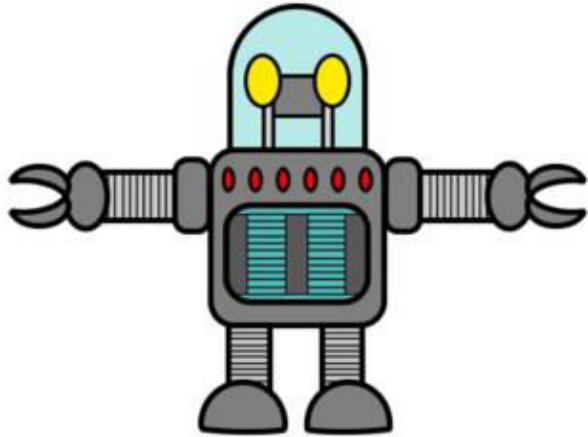
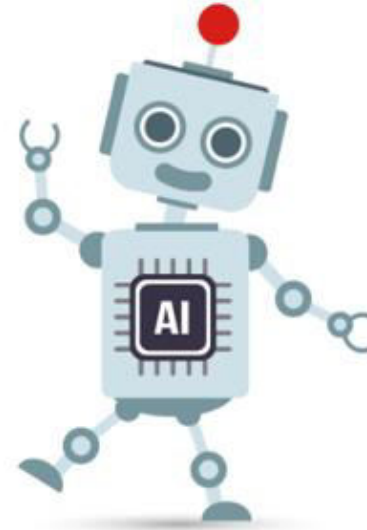


Stretch as tall as you can and count to 10

March forward 5 steps
like a robot



Wave your arms in the air
from side to side 10 times



Spread your arms as wide
as you can and count to 6



6 jumps forward



Curl up as small as you
can and count to 5