Useful websites:

Sensory Circuits - Gateshead Health

Sensory-Circuits-June-23.pdf

Additional resources you might want to consider

- A peanut ball
- A trampoline
- A skipping rope
- Beanbags and buckets
- A dartboard or similar target board
- A balance beam
- Weighted blankets or toys

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SENSORY CIRCUITS

A guide for Practitioners

What are they?

A sequence of activities that support children and adults to regulate their senses and achieve the correct amount of 'alertness' to learn .

A Little More Information

- A sensory circuit must always contain 3 different kinds of activities. Activities that alert the body, activities that help the body to organise and process sensory information and finally activities that calm the body.
- The activities must be completed in the order of alerting, organising and calming.
- Sensory circuits support a person to experience gross motor sensory input and store it effectively so that they can use this knowledge in the future. It supports a person to develop their balance and coordination, their ability to map out and tackle a route or activity and use the correct amount of force and control to achieve a task.
- Sensory circuits are also extremely regulating and can provide children with the sensory input that they need in order to feel calm and feel "just right".

- You don't necessarily need equipment to do a sensory circuit although this is useful in providing variety and multi-sensory input. Similarly you don't necessarily need a large space in order to complete a sensory circuit.
- The amount of time spent on each activity is dependent upon the person. Best practice would be to identify when they see a change in that person e.g do they seem more alert? are they tiring? at this point move on to the next activity. More generally speaking, 5 minutes for each activity (15 minutes in total) is usually an effective amount of time.

Some Examples

Alerting activities
- Skipping ropes
- Jumping and crash landing
- Space hopper race
- Morning run
- Hop-scotch
- Jumping Jacks
- Use of a trampette
- Step ups

Organising activities
- Log rolling
- Commando crawling
- Simon says sequences
- Ribbon exercises
- Pulling yourself along on a rope
- Wobble boards with beanbags to sort and move

Calming activities
- Rocking chair
- Weighted blanket
- Press ups
- Push/pull with weighted objects
- Crawling through a tunnel
- Rocking on a gym ball