



# Sensory Circuits

## What is a Sensory Circuit?

A Sensory Circuit is a short and snappy sensory motor skills programme that helps to set children up for a school day or to help self-regulate them. Children participate in a 10 to 15-minute session of activities designed to improve brain processing efficiency, and they generally find that the circuit is a fun way to start the day.

## How will it help my child?

Does your child have a lot of energy, or do they withdrawn and need awakening? Sensory Circuits cater for all, as they aim to address the underlying sensory processes for the behaviours that make it hard for individuals to fully participate in their own activities of daily living. The circuit provides the environment and the sensory opportunities needed, to get an individual's nervous system ready to engage in daily life.

## How do I get started?

Order is VITAL for sensory circuits to be effective!

### 1. Alerting Activities

The aim of this section is to provide vestibular stimulation. Activities should allow the fluid in the ears to move about through jumping and head movement.

#### Activities for this section

- bouncing on an exercise ball
- jumping on a trampoline
- running
- skipping
- jumping Jacks



### 2. Organising Activities

The aim of this section is to provide multi-sensory processing and balance. The individual needs to organise their body, plan their approach and do more than one thing at a time in a sequential order.

#### Activities for this section

- balancing on items
- riding a bike
- rolling tummy down on an exercise ball
- imitation activities e.g. with ribbons or copying actions from an adult
- throwing objects at a target





### 3. Calming activities

This section is the most important. These activities in the calming section is to provide heavy muscle work and/or deep pressure to the body. Your child should start to calm in this section.

#### **Activities for this section**

- blowing bubbles
- rolling an exercise ball over body when lay flat on the floor
- deep pressure activities - massage rollers, weighted blankets, using your hands on the child to give deep pressure through squeezing.

**IMPORTANT - PLEASE ONLY EXERT MINIMAL PRESSURE TO A CHILD, UNLESS YOU HAVE BEEN CORRECTLY ADVISED BY A PHYSIO OR OCCUPATIONAL THERAPIST.**

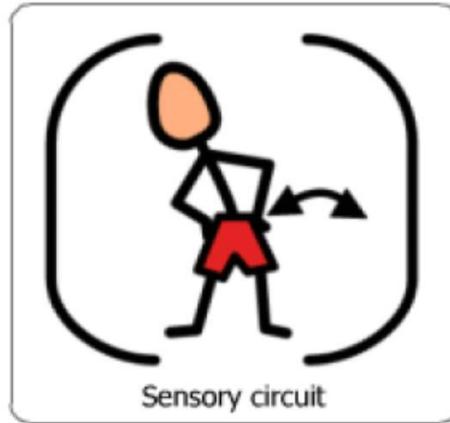


[Click here](#) for a demonstration of what a sensory circuit might look like.

**Have fun and enjoy!**



Here are the symbols that you can use to show your child it is sensory circuit time and what activity will be coming next.



Sensory circuit



Alerting activities



Organising activities



Calming activities

I hope that you have gained a greater understanding on how to engage in a sensory circuit with your child.