



Sensory Circuits at GANF



Participation in a short sensory motor circuit is a great way both to energise and settle children into the school day. The aim is to focus concentration in readiness for the day's learning. The circuit also encourages the development of the child's sensory processing skills. Many children can benefit from attending a Sensory Circuit, even for a short period of time.

The Sensory Circuit provides a sequence of activities done repeatedly to provide the child with the right type of sensory input in order to calm and organise them for the day ahead ready for learning to occur. The idea is to start with something alerting, move to an organisation stage and then finally to a calming phase. The order is important; you don't want a child to return to class wound up and hyperactive!

Order of activities:

1. Alerting

The first activities should be those that make the head change direction rapidly. For example:

Ideas for the trampet to alert a child:

Bouncing



Skipping



Jumping or
step ups



Spinning



- Jump
- Jump, lift knees up / kick feet out behind
- Star jump
- Jump and count / recite time tables / recite alphabet
- Throw a bean bag / ball at a target / into a bucket
- Throw a bean bag / ball to a person who is walking round the trampet
- Throw a bean bag / ball up in the air while counting
- Sequences of little and big jumps, e.g. 5 little, 1 big
- Change direction while jumping
- Jog and Hop
- Spotty dog march (homolateral marching)
- March, touching opposite hand / elbow with knee
- Bounce off trampet onto a crash mat / pile of cushions
- Jump while copying gestures

Jump while following arrow chart with arm gestures

2. Organising

The second set of activities should be those that provide a motor challenge to the child.

For example:

- Funny walks, such as walking like different animals
- Egg and spoon walk
- Throw and catch while on a balance board
- Balance board, put bean bags around it. Child picks up bean bags one by one, or in a certain order.
- Walk along a gym bench (could be upturned, with the child picking up bean bags and throwing them in a bucket)
- Pass bean bag round leg, behind back
- Log rolls, hands clasped & arms stretched out above head
- Infinity Walk: walk round 2 chairs, in and out in a figure of eight. Repeat with eyes closed.
- Stand inside a hula hoop that is on the ground. Spin, without going outside the hoop. Stop, stand still. Press hands down on head.
- Bend a rope into different shapes. Walk along it. Jump over it from side to side.
- Make scoops from plastic bottles, use to catch bean bags
- Obstacle courses: Go over and under a chair. Climb over a chair, through a hoop, then roll on a mat or the floor.
- Commando crawling.

3. Calming

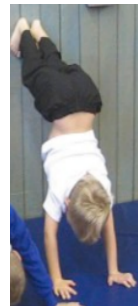
The third set of activities should be those that calm the child: deep pressure, proprioceptive input, and heavy work.

For example:

- Press-ups on a wall: Count to 10. Repeat 3 times.



- Press-ups on a wall: Upside down Walk up the wall, put feet flat on the wall and count to 10 before walking down the wall. Repeat 3 times.



- Isometric and chair sit ups.



- Firm massage: any of back, hands, feet, and shoulders.



- 'Steamroller squash': Student lies on their stomach. Roll a gym ball up and down, pressing down hard. Do not roll it over their head.

