

## Sensory Circuits at Morton CE Primary School

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.

Your child has been offered this opportunity as it has been noted that he may benefit from a calming start to the day in preparation for his learning.

At our school sensory circuits is comprised of three different sections where each serves a different purpose.

### **1. Alerting section**

The aim of this section is to 'wake up' and energise the body and brain. This prepares the brain for learning.

Activities can include such activities as:

- bouncing 10 times on a mini trampoline or space hopper
- spinning a hoop
- bunny hops / crab walks / frog
- Jumps
- therapy ball for rolling over and bouncing on,
- skipping
- walking on cans/stilts



"I like jumping on the trampoline, it helps me wake up."

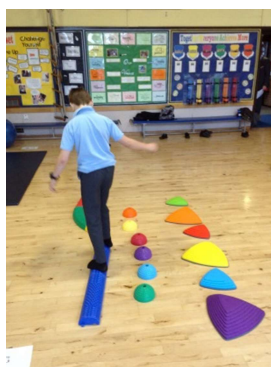
Year 2 pupil

### **2. Organising section**

This section includes activities that require motor sensory processing, balance and timing. The child needs to organise their body, plan their approach and do more than one thing at a time in a sequential order. This uses the whole brain. These are skills that may increase a child's focus, attention span and performance within the classroom.

Activities includes tasks such as:

- balancing on a beam
- log rolling
- throwing bean bags into a target
- arm push ups against the wall



"After sensory circuits I don't feel tired."

Year 3 pupil

- blowing bubbles or blowing a paper ball to a target
- wobble boards for balance work
- T-stool for balance work (one legged stool).
- Skipping and jumping a moving rope

"It helps me wake up in the morning."

Year 3 pupil

### 3. Calming section

The calming activities are very important as they provide input to ensure that children leaves the circuit and return to their classrooms calm, centred and ready for the day ahead.

Activities include proprioceptive or deep pressure activities such as:

- placing feet or hands in weighted bean bags
- lying under weighted blankets
- having balls rolled over their backs
- hot-dogs (rolling child up tightly in a blanket).



"It helps me calm down when I'm stressed. It helps my balance and

The children that attend sensory circuits enjoy the activities and return to their classrooms at the start of the day ready to learn.

If you have any further questions about sensory circuits please contact your child's class teacher or Mrs Keep at school.



"It good exercise and helps my balance."

Year 2 pupil