

'Readiness To Learn' Programme

Sensory Regulation

Optimal arousal is the level of arousal which matches the environment and activity. There are different stages of arousal – under responsive, optimal (just right), over responsive.

Regulation is the ability to change the state of arousal to suit the level of activity or environment.

Some people have more difficulty regulating themselves than others and may need support to regulate and become "Ready to Learn" – be at the optimum level of arousal for the activity/experience.

Sensory regulation strategies are strategies which use the senses to help with regulation i.e touch – deep pressure – calming, movement – bouncing – alerting.

The goal when using sensory regulation strategies is to help the individual to regulate.

Each individual is different, which means that the strategies used will be suited to their needs.

What is Sensory Circuits?

*"A sensory circuit is a form of sensory integration intervention. It involves a sequence of physical activities that are designed to **alert, organise and calm** the child. The sensory circuit aims to facilitate sensory processing to help children regulate and organise their senses in order to achieve the 'just right' or optimum level of alertness required for effective learning. The circuit should be an active, physical and fun activity that children enjoy doing" – Children's Choice Therapy*

"Participation in a short sensory motor circuit prepares children to engage effectively with the day ahead." – Sensory Circuits -Jane Horwood