

Sensory Circuits at Chesterton Primary School

Sensory Circuits are a daily programme of specifically designed physical activities which are intended to focus concentration ready for learning. They take place for up to 10 minutes at a time.

The activities are collectively known as a Sensory Circuit and encourage the development of a child's sensory integration. Sensory integration is the ability to take in, sort out, process and make use of information in the world around us. These circuits take place in a child friendly environment that is fun, while promoting social and emotional development.

What is a sensory circuit?

A sensory circuit is a set of physical activities to help us get ready for learning. We start with alerting activities, move onto organising activities and then finish with calming activities. Each activity is timed for up to 1 minute, when finished the child moves onto the next numbered activity.

The three Sensory Circuits areas are:

Alerting: These activities stimulate the bodies' central nervous system in preparation for learning. These include skipping, bouncing on a trampette, step ups, throwing, catching and jumping.

Organising: These activities demand the brain and body to work together which helps to increase a child's focus and attention. Activities are planned to include balance, co-ordination and concentration such as hopscotch, balancing, climbing and jumping.

Calming: These activities give awareness of their body in space and increases their ability to self-regulate sensory input and return to their classrooms calm and ready to learn. These include heavy muscle work and deep pressure by doing activities such as commando crawling, plank, press ups, balancing on an object and just lying still for a minute.