

Introduction to Sensory Circuits

This presentation will help:

- **Introduce staff to sensory circuits**
- **Explain the benefits of sensory circuits**
- **Direct staff to further information about sensory circuits**

About Sensory Circuits

- Sensory circuits are great to set up at the beginning of the school day, particularly for pupils with physical and sensory issues.
- These pupils might be experiencing issues with attention, physical abilities in PE, and they may have difficulty with handwriting.



Benefits of Sensory Circuits

- Sensory circuits have many benefits.
- They help:
 - calm sensory systems
 - support body awareness
 - help physical and motor skills
 - prepare pupils for learning.



Equipment for Sensory Circuits

- Sensory circuits can be set up with cheap equipment, much of which you may already have, and they can be completed in a larger space, such as the school hall.
- You need equipment like balance boards, exercise balls, and skipping ropes.
- This equipment can be used in multiple ways, it doesn't need to be expensive and you don't need a lot of it.

Safety and Sensory Circuits

- Please **consider safety** during exercises if using equipment like gym balls and scooter boards as some might not use equipment in the ways that have been suggested.
- Also look out for over stimulation such as squealing, spinning, or running.
 - Do some calming activities that include stretching, weight bearing and resistance with these pupils.



Example Sensory Circuits

- An example sensory circuit might have 5 stations, each with a piece of equipment.
- Children can do an exercise using a piece of equipment on every station for a short length of time until they move onto the next station.
- Each piece of equipment can be used in many ways in different circuits to support different movements.

Example Sensory Circuits

The equipment we might use in an example circuit includes the below, but you can use many other items:

- Scooter board – a child could be on their front pulling with hands to support
- Gym ball – a child could sit on a gym ball and bounce
- Skipping rope – a child could lay it down and jump side to side
- Balance board – a child could balance on two feet and stand
- Bean bags or balls – a child could lift 2 balls or beanbags above their head 10 times

More on Sensory Circuits

- We have created a resource sheet which lists equipment that can be used in sensory circuits and the many different ways each piece can be used to support a range of skills.
- Sensory circuits can make such a difference to students with physical and sensory needs that we urge you to use these, alongside other quality resources, to support pupils in your school develop and learn
 - **Sensory Circuits: A Sensory Motor Skills Programme for Children by Jane Horwood is a good investment for getting started**