

MTLIntroSensoryCircuitsv2.mp4

[00:00:00] 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 P.E. and they may have difficulty with handwriting. Sensory circuits have many benefits. They can help calm sensory systems support body awareness help physical and motor skills and prepare pupils for learning. Yeah.

[00:00:34] Yeah.

[00:00:36] That's fair. And then you pull yourself along.

[00:00:41] Brilliant work. Well done. 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. Please consider safety during exercise as if using equipment like gym balls and skateboards as some might not use the equipment in ways that have been suggested.

[00:01:14] And the last one is if you lie down on your back. Ok?

[00:01:25] Yeah look at that. Now you're gonna have to keep your chin up. Up chin here chin here. That's it. Hands there.

[00:01:34] Now use your legs. Good boy. Well done. You look a little crab.

[00:01:45] Also look out for overstimulation such as squealing spinning or running do some calming activities that include stretching weight bearing and resistance with these pupils.