

Sensory Circuit – Early Years



Dingley's
Promise



What is Sensory Circuit?

It is a sensory motor skills programme that helps children become more organised and achieve the right level of alertness to help them prepare for the day's learning

Helps achieve the right level of stimulation for senses through alerting, organizing and calming sections of the circuit done repeatedly

Promotes self-awareness as it helps children to make connection to their senses

Active, physical and fun activity that children enjoy

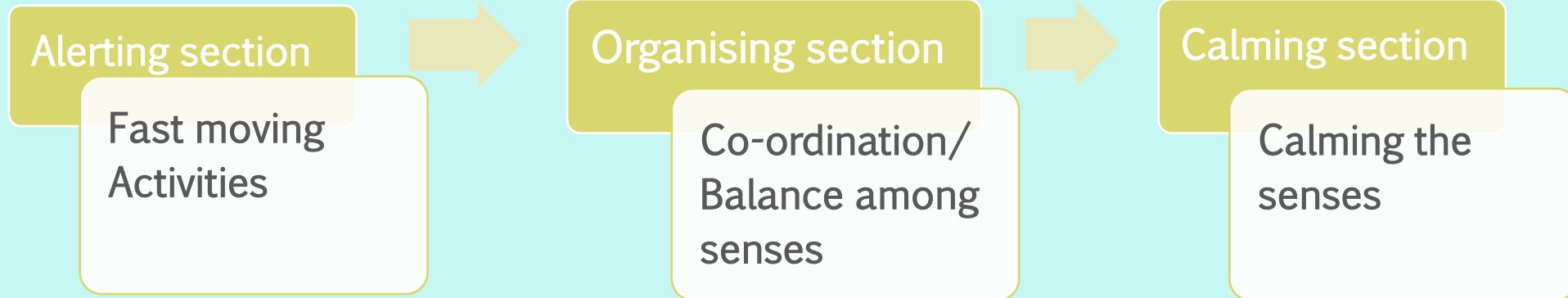


Sensory Circuit – How and When?

- All activities need to be set up in advance
- Adult should model and motivate children, but not force them
- Adult should choose activities for each section depending on the child's interest
- Adult can use visual prompt to support children's understanding of different activities
- It should be done first thing on arrival to school at the same time as much as possible. Some children also find it beneficial after lunch.
- The circuit is usually done between 10-15 minutes giving 5 minutes for each section.



Phases/Sections of Sensory circuit



Alerting section

- Activities that wakes up the senses
- Jumping on a trampoline. Sing songs to interest the child "1 little 2 little 3 little dinosaurs..." or "Ready, steady, jump"
- Sit and bounce on a gym ball
- Marching. Sing songs to interest the child like "Walking Walking, Hop Hop Hop Running Running Running, Now let's stop, the ants go marching one by one hurrah"
- Step-ups/Stepping stone. Count the steps "One step, two steps, three steps Jump.."
- Waving with colourful ribbons
- Forward and backward movement like rowing a boat and singing "Row, Row, Row your boat, gently down the stream....."
- Fast movement songs with action like "Head, shoulder, knees and toes.."



Organising section



- Activities that involve co-ordination/balance among the senses
- Throw a small beanbag or sensory ball into a box. Child can stand or sit on a gym ball depending on their interest.
- Jumping through hoops
- Walk along a balancing bench or Balance on a wobble board
- Crawling through a tunnel
- Moving around and hitting the balloon or popping the bubbles



Calming section



- Activities that relaxes the senses
- Relaxation, deep pressure or massage, heavy work activities
- Press-ups on a wall. Stand behind the child and support them to push the wall and count to ten by singing "1, 2 3,4 5 once I caught a fish alive"
- Placing feet or hands in weighted bean bags
- Use a massager like vibrating massager/sensory toys, spine balls and massage different parts along with singing
- Deep pressure hug
- Rolling gym balls over their backs
- Rolling child up tightly in a blanket like a hot-dog and make up your own song "Roll, Roll, Roll <child name>"



References

- [Sensory circuit - Alerting and Balancing](#)
- [Sensory Circuit Video](#)
- <https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/sensory-processing/sensory-circuits/>
- <https://www.cpft.nhs.uk/Documents/Miscellaneous/Sensory%20Motor%20Circuits.pdf>
- <https://www.youtube.com/watch?v=r0MR5LkVBsM&t=316s&pbjreload=10>

1



Thank You

