Sensory Circuit at Home

Sensory Circuits is a sensory motor skills programme that help your child to become more organised and achieve the 'just right' level of alertness that he/she needs to help him/her prepare for the day's learning.

The idea is to start with Alerting activities then move to the Organising section and finally to the Calming section. To have a positive effect, these activities are intended to be done on a regular basis to help prepare the children for the day's learning.

More Tips:
Children must be supervised. Do not force, but encourage their participation.

Ideally, your child should spend up to 5 minutes per station, on different activities. Some children may need more time in the alerting or calming section to enable them to be more organised and prepared for the day's learning or activities.

Use a visual strip/task strip if this will help the child to go through the activities in a structured way here some visuals.



SENSORY CIRCUITS
For HOME

First make the space safe. Remove any hard objects in the area.

START the sensory circuit with ALERTING activities ...



Jumping on the bed or soft cushions placed on the floor.



Spinning around.



Bouncing on cushions.



Blowing and popping bubbles

THEN add ORGANISING activities ...



The Frog



The Crab



The Bear

Animal Walks



Wheelbarrow Walks



Bouncing & catching a ball – either standing still,



Drink cold drink through a straw

SENSORY CIRCUITS
For HOME

END with CALMING activities ...



Wrap up in a blanket like a fajita & then wriggle free

Long, slow low level swinging with child lying or sitting in a sheet or blanket. After 3 -5 swings (or end of a song verse), collapse the sheet into the 'crash mat'.

Long, slow squashing between two pillows as if you're adding favourite ingredients to a sandwich, one at a time. Ask the child to choose the ingredient that is added.



Tie a sheet to trees, bottom stair newel posts. Make sure its low lying.





Duvet on top of cushions & pillows





Always end with a calming activity, but complete the circuit 3 or 4 times, in any order, 2 or 3 times a day.

Add songs or music to make it more fun.