

# At Home Sensory Circuits

## What are Sensory Circuits?

Sensory Circuits are a short daily sensory motor skills programme that helps to set children up for a day. It enables children to reach the level of alertness needed to concentrate during lessons at school and to focus during a day.

Each exercise activity focuses on either Alerting, Organising or Calming.

- 1) **Alerting**: - the aim of this section is to provide vestibular stimulation within a controlled setting, preparing the brain for availability for learning and for the demands of the school/home environment.
- 2) **Organising**: - These activities provide multi-sensory processing and balance challenges. These activities may increase a child's focus, attention span, and performance.
- 3) **Calming**: - These activities provide heavy muscle work and deep pressure to the body which feed into the proprioceptive system to help calm. It helps to ensure the children leave/finish the circuit calmly and ready for the day as possible.

The Circuit Works with the Following Sensory Systems:

- **Proprioception** - is the concept of knowing where your body is in space (body awareness) and the ability to safely plan and organise round your environment.
- **Vestibular** - system is the sensory system that provides us with your sense of movement, balance and awareness of your spatial orientation (meaning a sense of whether you are right-side up or upside-down).
- **Praxis** – is the ability to create a plan for how to interact with the environment, to carry out the plan and to correct the plan as appropriate.
- **Bilateral** - is the ability to use both sides of the body at the same time in a controlled and organized manner.
- **Crossing Mid-line** - refers to the ability to reach across the middle of the body with the arms and legs crossing over to the opposite side.
- **Balance** - sitting on a chair, getting dressed, walking/running.

## Benefits:

There is evidence that Sensory Circuits can lead to changes in:-

- Motor skills
- Attention
- Anxiety – research shows that physical activity can help to manage anxiety.
- Functional behaviour
- Self-injurious behaviour
- Co-ordination
- Balance

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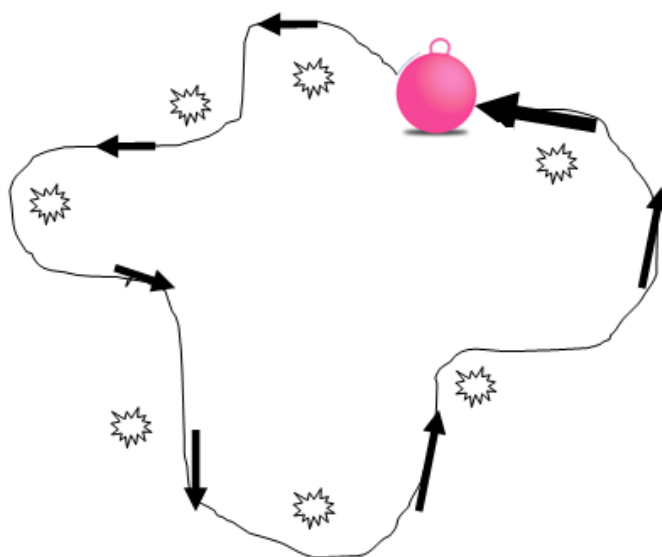
## Indoor and Outdoor Exercise Examples

ALL EXERCISES ARE ADAPTABLE, THEY CAN BE USED INDOOR OR OUTDOORS, EQUIPMENT IS NOT ESSENTIAL.

Please choose up to 6 exercises. Including at least 1x Alerting, 1x Organising and finishing with 1x Calming. The circuit should last a minimum of 10 minutes.

### 1) Bouncing Sphere (**Organising**)

- Bounce space hopper around circuit in and out of markers.



Or



- Sit on ball, hands on the ball, bounce 20 times (**Adult needs to make sure the child's feet are on the floor and their hands stay on the ball supporting them.**)
- Or sit on a gym ball and bounce in a circular action clockwise, then anti-clockwise.

## 2) Star Jumps (Alerting)

- From a crouched position, jump up to achieve a symmetrical star shape.



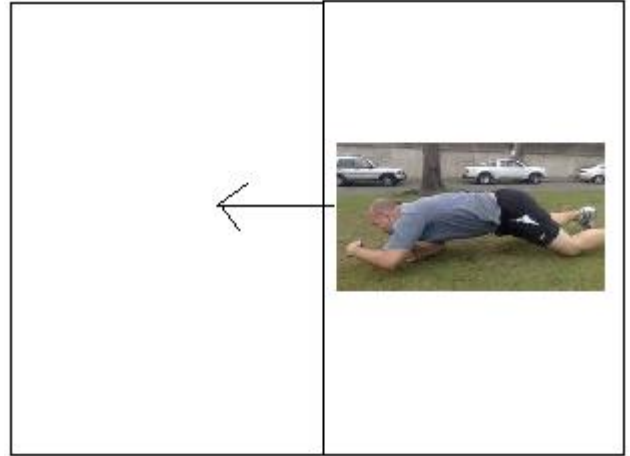
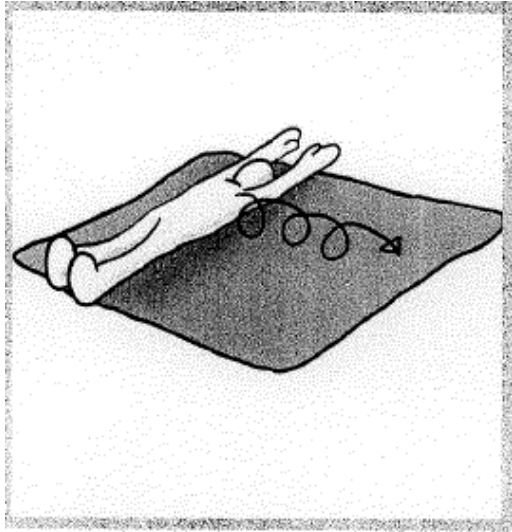
## 3) Running on the spot (Alerting)

- Run on the spot for a count of 20, knees up and arms pumping.



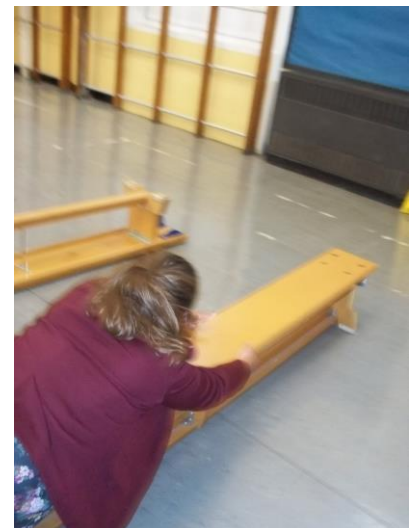
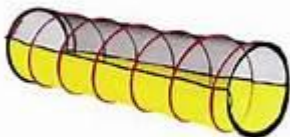
#### 4) Log Roll (Alerting)

Roll along 2 gym mats or blankets, then commando crawl (on forearms) back to the start point.



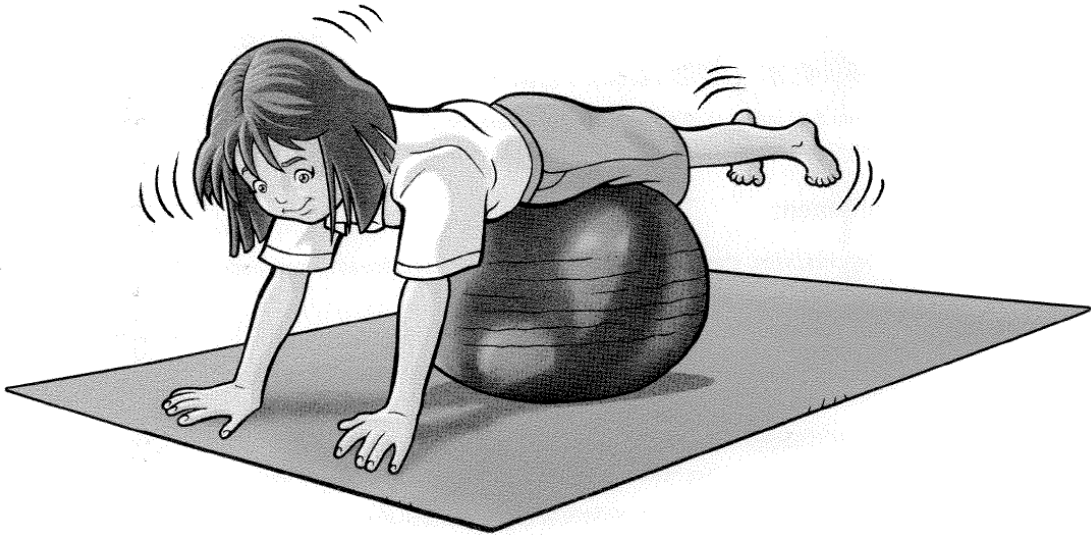
#### 5) Balance obstacle course - (Organising – this will need to be adapted. Use a table if you have not got a tunnel and draw a line on the floor with tape for child to balance on if you do not have a beam.)

- Crawl through the tunnel (Adult to make sure the tunnel is placed on a gym mat)
- Walk along the bench (Adult might need to hold a hand or suggest arms out to help balance)
- Lay on the tummy pull themselves along the next bench with their arms.



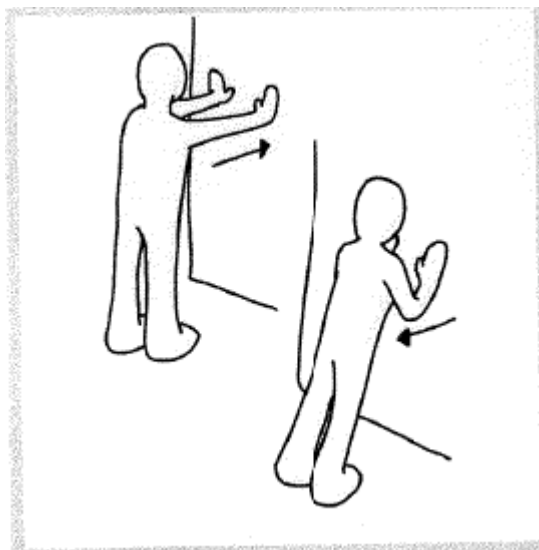
## 6) Rolling ball (Alerting)

- Lay over the gym ball, push up with the arms (Adult will/might need to hold the hips to stabilize the child) walk the hands out as far as possible without falling off, then walk them back.



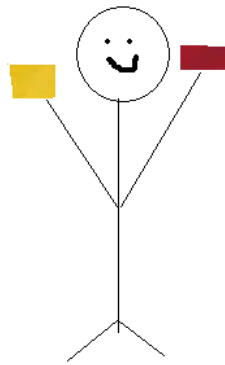
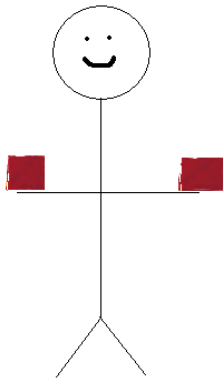
## 7) Push ups on the floor or against a wall (Alerting)

- Hand push ups against a wall for 45 seconds or a count of 20.
- Push up on knees for 10.

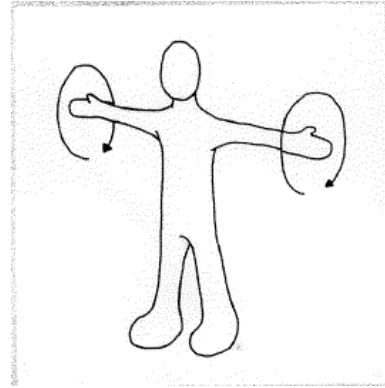


## 8) Simon Says Type of Sequences (Alerting)

- Hold bean bag in each hand, hold arms out horizontally for a count of 10.
- Hold the arms up vertically straight for a count of 10.
- Or Arm circles for 20 seconds each way.



or



## 9) Wake up Shake up on YouTube (Alerting)



## 10) Trampoline Exercises – Star Jumps, Seat Drops, Bouncing for 10 seconds etc (Alerting)



## 11) Ball squash and Hand Massage (Calming)

- Lay on tummy on gym mat, **adult** roll a gym ball slowly up and down the child using maintained and consistent pressure. (**Let the child direct to their tolerance levels**)
- Hand massage with joint compressions.



12) Story Massage – Please email Sophie Webster for routines **(Calming)**



13) Yoga for Children – Type into YouTube or Google **(Calming)**



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