

# Sensory circuits

Sensory circuits are short, structured sequences of physical activities designed to support regulation and readiness for learning. They help children reach an optimal level of alertness before settling down to learn

Sensory circuits can support emotional regulation and improve focus and attention. They are particularly beneficial for children with sensory processing differences or additional needs, but they are suitable for all children.

Sensory circuits are often used at the start of the school day and typically last between 5 and 15 minutes.

Activities should always be adapted to individual needs and carried out at the child's own pace, and are carried out in three stages:

1. Begin with an alerting activity to wake the body up
2. Move into an organising activity to help the body and brain work together
3. Finish with a calming activity

For children with low alertness, who may appear tired or disengaged, sessions can focus more on alerting activities. For children with high alertness, who may appear hyperactive or anxious, activities should place greater emphasis on calming and grounding movement.

# Sensory circuits

## 1. Alerting



Running around playground  
(1–2 minutes)

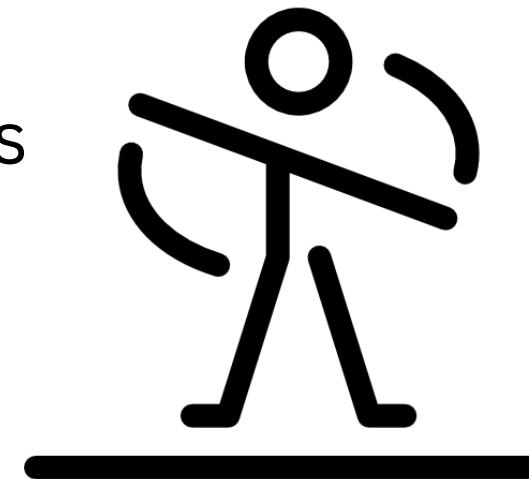


Bouncing on the spot  
(counting to 60)

## 2. Organising



Jumping jacks or spotty dogs  
(counting to 60)

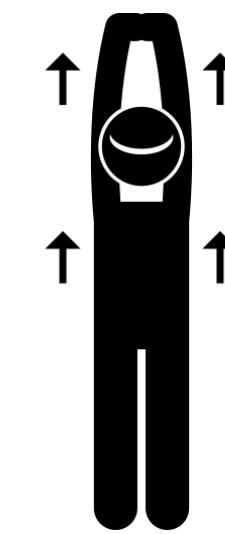


Standing body twists while  
counting aloud (count 15–20  
repetitions)

## 3. Calming



Wall presses (10–12 repetitions)



Reach up on an inhale, touch  
toes on an exhale (slow  
counting)