

Sensory Motor Circuit

Sensory Motor Circuit (Horwood, 2008) is a simple and effective way to help children to self-regulate their own sensory needs throughout the day which can lead to better concentration, fewer disruptions and improved education outcomes for all. It enables children to reach the level of alertness needed to concentrate.

This booklet will help you to create a sensory circuit at home. The order of the circuit is extremely important:

1. Alerting section
2. Organising section
3. Calming section.

The circuit ends on calming activities as we would like to end every session in a calm and alert state. Every person is different so try a few calming exercises to see what ones work best for your body.



USEFUL TIP



It is useful to play music during the circuit. At home, it can mark the beginning and the end of the circuit. The music could vary from fast paced during the alerting activities and soothing during the calming exercises.

1. Alerting activities:

Fast moving activities that require rapid changes of the body and head position will tend to be alerting. This prepares the brain for learning.

Alerting activities include skipping, running and jumping jacks. Please refer to the alerting dice resource and the link below for more ideas of alerting activities.

Jog on the spot



Jumping Jacks



Skipping



Hop on one leg



For more alerting activities please see:

<https://www.gonoodle.com/>

2. Organising activities:

This includes activities that require the child to organise their body, plan their approach and do more than one thing at a time in a set sequential order. These are skills that may increase a child's focus, attention span and performance.

Organising activities include climbing, balancing, and throwing. Please refer to the organising dice resource and the link below for more ideas of organising activities.

Throwing and Catching Games



Walk in a straight line



Simon Says



Stand on one leg



For more organising activities please see:

<https://activeforlife.com/resource-intro/>

3. Calming activities:

The aim is to provide proprioceptive input which is sensations from joints, muscles and connective tissues that underlie body awareness. These calming activities provide input to ensure that as the children finish, they are calm and ready for the task ahead.

Calming activities include: press-ups, crawling exercises or a big hug. Please refer to the calming dice resource and the link below for more ideas of calming activities.

Wall Press



Palm Press



Give Yourself a Big Hug



Breathing Exercise

Breathe in the smell of the flowers and blow out the candles.



For more calming activities please see:

<https://www.cosmickids.com/category/watch/>