Sensory Circuits

GREAT CHART SCHOOL

What are Sensory Circuits?

A short, structured set of movement and sensory activities that prepare our brains and bodies for learning, play and daily life.

Why do we use them?

- To help us feel ready, focused and regulated.
- To give our bodies the sensory input we need (movement, balance, pressure and more).
- To support attention, organisation and emotional wellbeing.

The Sensory Circuit

1 Alerting

Wakes up our bodies and gets us ready to move and take part.


star jumps


running


bounce on ball

2 Organising

Helps our brains and bodies work together, improve coordination and build focus.


target throw


stepping stones


balance beam

3 Calming

Helps us to slow down, feel calm, and ready to learn and concentrate.


yoga


blow bubbles


self hug

The Purpose

To help us feel just right for learning, helping us to:


Improve focus


Be more organised

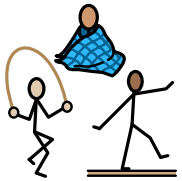

Feel calm and in control


Be ready to learn

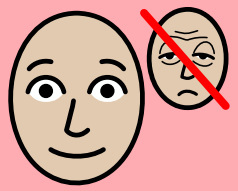

Take part and enjoy activities


Support our overall wellbeing

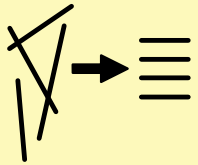
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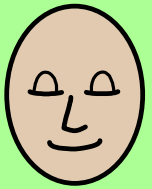
Sensory Circuits



alerting



organising



calming

jumping

jumping over

bounce on ball

dancing

running

jog

alerting

body twists

spinning

marching

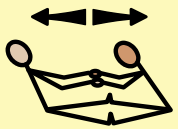
roll on the ball

star jumps

squat jumps

hopping

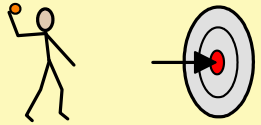
elbow to knee

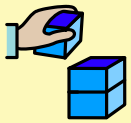


row

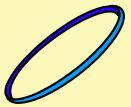








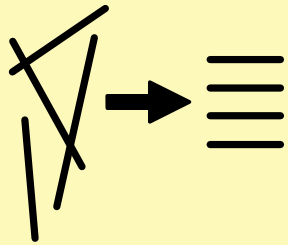
build tower



hoops



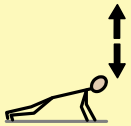
hopscotch



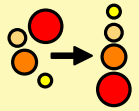
organising



crawling



push up



sorting



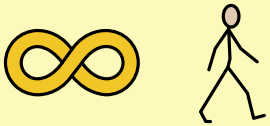
balance beam

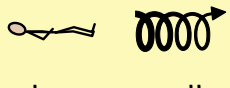


stepping stones



catching







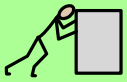
blanket



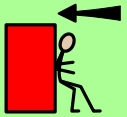
massage



bean bag



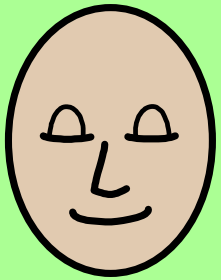
wall push



wall sit



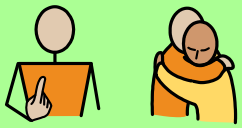
stretch



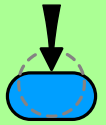
calming



lay down



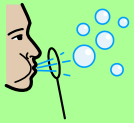
self hug



squash



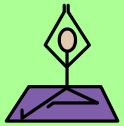
stretch band



blow bubbles



swaying

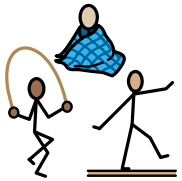


yoga

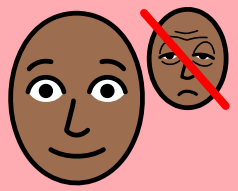


mindful breathing

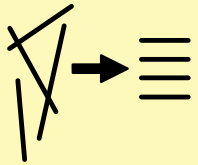
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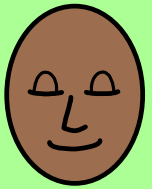
Sensory Circuits



alerting



organising



calming

jumping

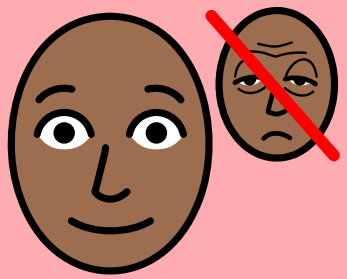
jumping over

bounce on ball

dancing

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jog



alerting

body twists

spinning

marching

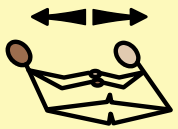
roll on the ball

star jumps

squat jumps

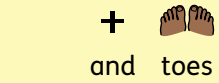
hopping

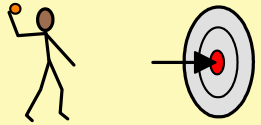
elbow to knee



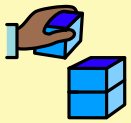
row



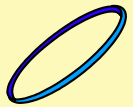




target throw



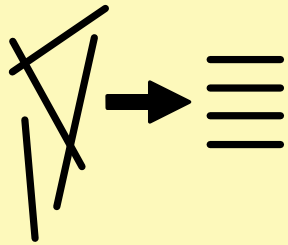
build tower



hoops



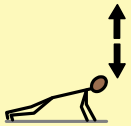
hopscotch



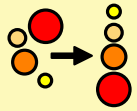
organising



crawling



push up



sorting



balance beam



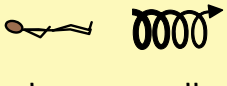
stepping stones



catching



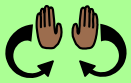
infinity walk



log roll



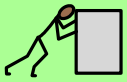
blanket



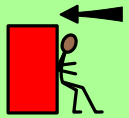
massage



bean bag



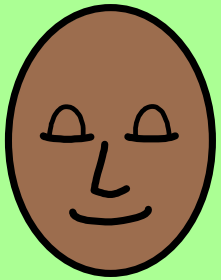
wall push



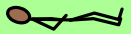
wall sit



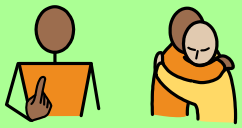
stretch



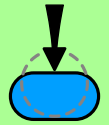
calming



lay down



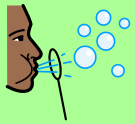
self hug



squash



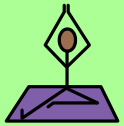
stretch band



blow bubbles



swaying



yoga



mindful breathing