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