SENSORY CIRCUITS

Move
Regulate
Focus
Learn!

GREAT CHART SCHOOL

What are sensory circuits?

Sensory circuits are short, structured movement activities designed to help children get their bodies and brains ready for learning. They are fun, active and suitable for all children.



A sensory circuit usually includes three parts:

1 ALERT

Wake up the body and get moving.

These activities help to increase energy, alertness and concentration.



Activities might include:

- Jumping
- Star jumps
- Running on the spot
- Ball games
- Fast movements

2 ORGANISE

Develop balance, coordination and body awareness.

These activities help children process sensory information and get their bodies ready to sit, focus and learn.



Activities might include:

- Balancing
- Crawling
- Climbing
- Pushing and pulling
- Obstacle courses

3 CALM

Help the body feel settled and ready to learn.

These activities help to reduce excess energy and support a calm, focused state.



Activities might include:

- Deep breathing
- Stretching
- Yoga poses
- Gentle movements
- Quiet, calming activities

How can sensory circuits help?

Sensory circuits can support children to:

- Feel more ready to learn
- Improve focus and concentration
- Support emotional regulation
- Build confidence
- Feel calm, happier and more in control

Ready body, ready brain, ready to learn!