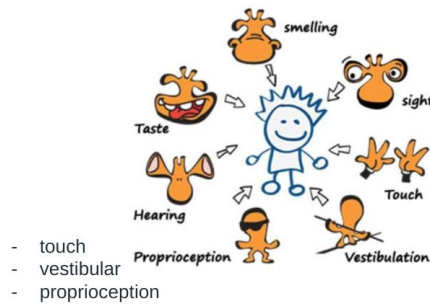


# Sensory Circuit Cheat Sheet

## What is it?

A circuit of activities that work on sensory integration and processing. It focusses on these 3 senses =



- touch
- vestibular
- proprioception

## Why?

It can have a positive impact on concentration and attention whilst lessening anxiety and unwanted behaviours. It fulfills the sensory need of the pupils so that they may use higher functioning skills for learning



In order for a person to learn they must master the fundamentals of the pyramid before tasks higher up can be performed properly.

## 3 Sections of the Circuit

## Example Circuit Card (Showing 3 progressions)

### ALERTING SECTION

Within the **alerting section**, repetitive activities from the vestibular and proprioceptive sections above should be used to stimulate within a controlled setting. Examples include bouncing on a trampoline or skipping.

### ORGANISING SECTION

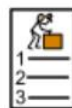
In the **organising section**, activities which involve some kind of sequencing should be selected - for example, walking along a balance beam or throwing bean bags into a bucket.

### CALM SECTION

The final section should help to **calm** the student to prepare them for moving to another activity. Activities from the tactile/ deep pressure list can be used to input.



Alert



Organise



Calm

### Bounce on a Ball Alerting

Equipment: Large fit ball and hoop

<p><b>Emerging</b></p> <ul style="list-style-type: none"> <li>• Sit on the ball and balance with feet on the floor</li> </ul>	
<p><b>Developing</b></p> <ul style="list-style-type: none"> <li>• Sit on the ball and bounce up and down</li> <li>• Bounce all the way round the ball and back again without stopping</li> </ul>	
<p><b>Secure</b></p> <ul style="list-style-type: none"> <li>• Sit on the ball and bounce up and down whilst throwing and catching a ball</li> <li>• This can be done with a partner who throws the ball or one their own by throwing the ball up and catching it, possibly alternating hands</li> <li>• Bounce whilst copying actions</li> </ul>	

## Some Example Circuits

- Perform each exercise for 1 minute
- Circuits normally have 3 exercises at each stage so will normally last on average 9 mins excluding transition times.

**Youtube Sensory Circuits to follow:** By Iain Mills  
<https://www.youtube.com/channel/UCUTi5prYawoEmjPt7PsR77g>

### With Equipment

**Option 1:** Perform all alerting stage activities then organising and finally calming in order

**Option 2:** Pupils select exercises from each stage and spend an allocated time at each stage

**Option 3:** increase or decrease amount of exercises

#### FITNESS SENSORY CIRCUIT

Rotate each section before moving to the next

##### Alerting Activities

1. Space race
2. Trampoline bounce
3. Hurdle Jumps
4. Run through ladders
5. Step-ups

##### Organising Activities

6. Log Roll
7. Crab Walk
8. Rolling Ball with Bean Bags
9. Balance Beam
10. Wobble Board

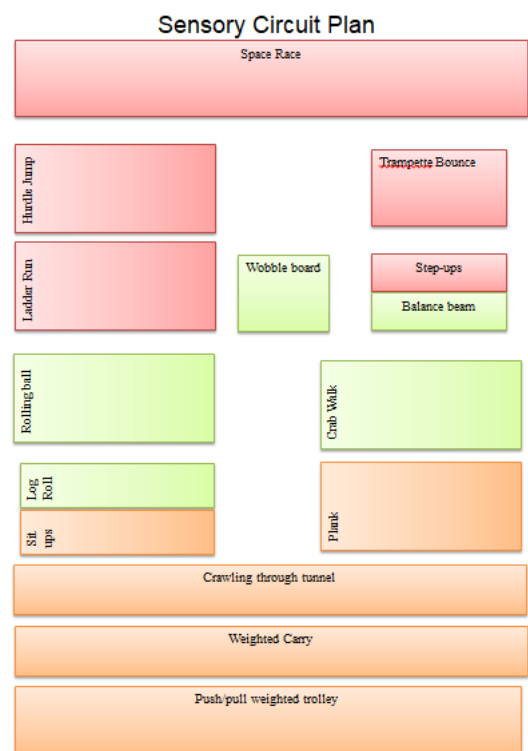
##### Calming Activities

11. Push/Pull (Weighted trolley)
12. Crawling (through tunnel)
13. Weighted Carry
14. Plank
15. Sit-ups

### In Class

To the right are options for standing or sitting versions of exercises

These can be performed in a class / at home or with everyone seated in their chairs



Activities -	Wheelchair
<b>Proprioception: Alerting</b> 1. Step Ups 2. Star Jumps 3. Figure of 8 run both directions	<b>Proprioception: Alerting</b> 1. FW Punch, Upwards Punch repeated 2. Star Jump arms 3. Move a sock right to left, left to right and/or behind body
<b>Vestibular: Organising</b> 4. Step on cushions 5. Spin 10 times each way 6. Transfer socks from R-L/L-R using 1 hand	<b>Vestibular: Organising</b> 4. Balance an object on a pan 5. Side Twists 6. Transfer socks with 1 hand
<b>Tactile: Calming</b> 7. Egg Roll 8. Squeeze hands together for 10 seconds 9. Plank	<b>Tactile: Calming</b> 7. Shoulder Press 8. Squeeze hands together for 10 seconds 9. Cross Hold