

SENSORY CIRCUIT SESSIONS

Helping every child feel ready to learn

We run short sensory circuit sessions every day to help children feel alert, organised and calm so they can concentrate, listen and learn.



WE DO SENSORY CIRCUITS TWICE EVERY DAY

- ✓ At morning registration – to start the day feeling ready to learn
- ✓ At afternoon registration – to reset and be ready for the rest of the day



WHAT IS A SENSORY CIRCUIT?

A sensory circuit is a series of quick activities that give our bodies the information they need to feel alert, organised and calm.

It helps children regulate their sensory systems so they can concentrate, listen and learn.



HOW DOES IT WORK?



Each circuit lasts 6 minutes and has 3 parts: Alerting, Organising and Calming.

These three parts work together to help children feel ready to learn.

THE 3 PARTS OF OUR SENSORY CIRCUIT

1 ALERTING 2 MINUTES

This part wakes up our bodies and brains.
It helps children feel alert, energised and ready to go!

EXAMPLES OF ACTIVITIES



Jumping jacks Wall pushes High knees



Helps increase focus, attention and energy.

2 ORGANISING 2 MINUTES

This part helps our bodies get organised.
It supports balance, coordination and body awareness.

EXAMPLES OF ACTIVITIES



Bear crawls Balance challenges Carrying or pushing



Helps children feel more in control and organised.

3 CALMING 2 MINUTES

This part helps our bodies slow down.
It reduces stress and helps children feel calm and settled.

EXAMPLES OF ACTIVITIES



Stretching Deep breathing Quiet sitting



Helps children feel calm, safe and ready to learn.

WHY DOES IT HELP?

- ✓ Supports concentration and learning
- ✓ Helps manage big emotions
- ✓ Builds confidence and self-regulation
- ✓ Supports all children to feel included and successful



EVERY CHILD IS UNIQUE

Some children may love the circuit, others may need time to get used to it. We always adapt activities to meet individual needs.

Our goal is to help every child feel their best!



THANK YOU! ♥ Thank you for supporting us. Together, we can help your child feel calm, confident and ready to learn every day.

