**How to Guide: Sensory Circuits**

1. **Before you start:** Collect together a range of sensory objects you can use. This may be – a large ball, a small ball, a hoop, a skipping rope or ribbon, a small trampoline, a blanket, a yoga mat, etc.
2. **The purpose of sensory circuits:** there are 3 stages to the sensory circuit: alerting, organising and calming.   
   **At all times you need to be aware of health and safety** as your student can become overloaded by too much of an activity and may not be able to control themselves. This is particularly true with vestibular (movement) activities.
3. **Alerting** – look at the list of alerting activities below and engage your student with one or more of these. They will have preferences so go with these where possible – they know what sensory input they need today and it may be different from yesterday 🙂.
4. **Organising** – this section aims to integrate the senses so they work together. It includes things like balancing, sequencing and throwing. Again, choose activities from the list and be guided by your student.
5. **Calming** – this section helps the student to be ready to move to the next activity. Put some quiet music on and do some deep pressure activities like lycra or wall press-ups. More ideas below.
6. Some students will access the activities in a more random way depending on their needs in the moment, while others will use a photographic schedule to follow a particular programme – please help them to know what is “finished” and what comes “next”.

 

finish next

**Phase 1: Alerting:**

Bounce on a big gym ball.

Running from one end of the hall/garden to the other

Star jumps – if easy, start from and return to crouching position.

Hopscotch

Hula hoop – round waist or arm/leg

Step ups – onto small stool or on/off cushions.

**Phase 2: Organising:**

Crawl through a tunnel (you could make one by draping a blanket over a table)

Roll sideways along a mat or rug

Balance on stepping stones (you could make these from folded blankets or cushions)

Step in the spaces on a floor ladder (you could make this on the carpet with masking tape or outside with chalk)

Roll on a gym ball on tummy, hands on floor.

Simon says – copy action only

Ribbons – copy adult movement (you can use a long ribbon or tie shorter lengths onto a curtain ring to play with)

Parachute – copy adult movement (you could use a blanket or chiffon scarf)

**Phase 3: Calming:**

Wall press ups (try to push over a wall using hands or feet)

Push into a piece of stretchy/lycra material – what shapes can you make?

Ball squash – gently press a ball onto body.

Massage