



A Simple Tool For Focus, Regulation and Readiness to Learn

What is a Sensory Circuit?

A Sensory Circuit is a short (10-15 minute) sequence of physical activities designed to help children regulate their bodies and emotions, so they feel calm, alert and ready to learn.

Sensory circuits are especially helpful for children who are :

- Overactive or hyperactive
- Easily distracted or disregulated
- Struggling with transitions between tasks
- Struggling with their attention in class

How To Set Up A Sensory Circuit: A Guide For Teachers

1 Pick Your Space

Use a corridor, hall or quiet classroom area. Mark clear starts and end points.

2 Choose 2-3 Activities For Each Stage

There are three stages of a sensory circuit- Alerting, Organising and Calming. Choose 2-3 activities, with the child, that are suitable for them.

3 Sequence The Activities

Arrange them in order with clear visual prompts or numbers. Children should move through the activities smoothly with adult guidance.

4 Keep It Routine Based

Use at the start of the day, after break or before focused tasks. Some children benefit daily, others occasionally.

Alerting

For energising the body

- Star jumps
- Trampoline bouncing
- Skipping rope



Organising

Builds coordination and focus

- Balance beam
- Ball games (throw and catch)
- Crawling or obstacle paths



Calming

Slower grounding movements to settle the body

- Wall push ups
- Lying under a weighted blanket
- Yoga stretches



Remember

It's a proactive tool- not a punishment or reward. It helps children feel in control of their bodies so they can engage more fully