

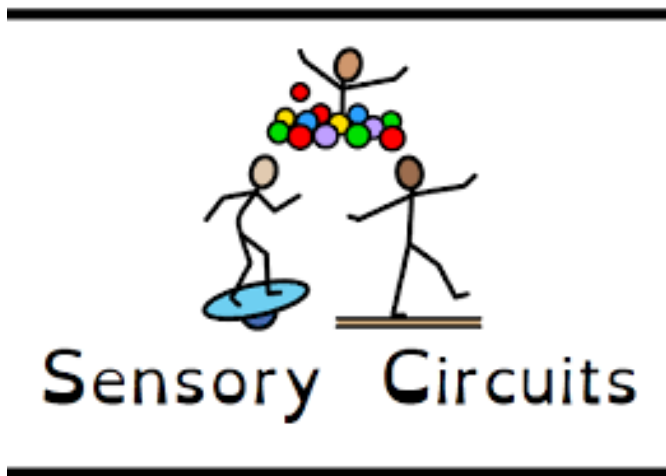
# SENSORY CIRCUITS WORKSHOP

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High Ercall Primary School

10<sup>th</sup> June 2026

# SENSORY CIRCUITS



Sensory Integration  
Senses and Sensation  
Sensory Motor Terminology  
Sensory Motor Preferences  
What is a Sensory Circuit?  
Have a go at a Sensory Circuit!

# SENSORY INTEGRATION

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- The brain is a sensory processing machine.
- Sensory processing refers to an individual's response to a single sensation.
- Sensory integration - organising by the brain of all the sensory information it receives.
- Sensations received by the brain assist in the formation of behaviours, perception and learning when the brain organises them effectively. This begins within the life of a foetus as it senses movements and sound.
- Learning and behavioural responses of a child are the visible signs of activity within the child's central nervous system - neural plasticity.

# SENSES AND SENSATION

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- Let's think of sensation as healthy food for the brain.
- Sensation from every muscle, joint, skin part, vital organ and sense organ nourishes the brain with information.
- The brain requires a 'healthy diet of sensory food' to develop and function effectively.



# SENSES AND SENSATION



Sensations that provide information from the environment via the body - visual, sound, smell, touch, taste



Sensations that provide information about when the body is moving and where the body parts are in the space around us - position and movement (proprioceptive), head movements (vestibular), gravity and balance



Sensations that provide information about the internal workings of the body - intuition (visceral) sense.

# SENSORY MOTOR TERMINOLOGY

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Praxis

Proprioception

Vestibular

Tactile input

Bilateral

Balance

# SENSORY INTEGRATION - DYSFUNCTION

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- When there is incorrect or inefficient sensory processing, sensory integration dysfunction can occur and may affect a child's development and availability for learning.
- Poor sensory integration days - uncomfortable, out of sorts, learning more challenging than usual, attention and focus difficult, hard to cope with demands or people and environment.
- Behaviours may include - overexcited, bangs and crashes into people /objects, run and run, hands over ears, sleepy, doesn't like messy play, avoids movement, craves danger.....
- Therefore the brain is not processing, filtering and using sensory input efficiently and child receives confused, muddled, imprecise information from their body and the environment.
- The brain becomes unable to direct behaviour effectively - a child may be excited, withdrawn for task in hand and or unable to control emotional reactions.

# SENSORY MOTOR PREFERENCES

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Movement



Muscle work



Tactile



Auditory



Oral



Visual

# FINDING OUT SENSORY MOTOR PREFERENCES

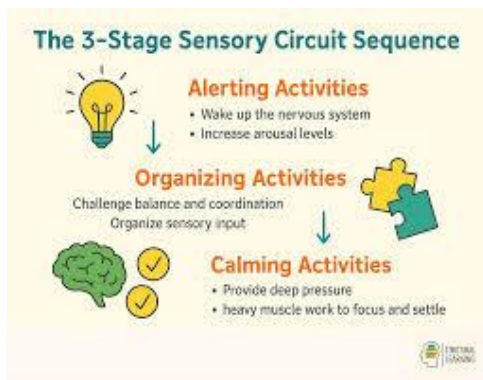
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- What is the child doing when completing a task?
- What sensory motor experience is the child seeking - vestibular / movement - squirming on a chair?
- Reaction to smell, temperature, sights, sounds
- Busy position.
- Behaviour - patterns in behaviour
- Socialisation
- Different environments

# SENSORY OBSERVATION

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- Gross motor skills
- Movement and balance
- Body awareness
- Tactile function
- Auditory and visual
- Emotional and social behaviours



# WHAT IS A SENSORY CIRCUIT?

## Alerting

This phase is designed to provide vestibular and proprioceptive stimulation.

## Organising

This phase helps the child to organise their body and plan it's movements helping to achieve more than one thing at once. Requires motor processes, balance and timing and building up a sequence. Aiming to increase focus and attention span.

## Calming

This stage is important to ensure when a child finishes an activity that they are calm, able to concentrate and in a state of readiness to learn. Activities would involve proprioceptive and involve deep tissue activities.

# ALERTING - ACTIVITIES

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Skipping

Trampette

Crash landing

Space ball

Jogging

Star jumps



# ORGANISING ACTIVITIES

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Balancing  
obstacle course

Rolling ball

Hand over hand  
pull

Simon says

Log roll

Ribbon exercises

# CALMING ACTIVITIES

Push / pull

Plank

Wall-bar

Arm hug

Weighted blanket cuddle

Ball squash

# UNIVERSAL SENSORY CIRCUIT



alert



organise



calm

Choose 1 alert activity

bounce 	jump 10 times 
dance 	run 

Choose 1 organise activity

balance 	ball throw 
tunnel crawl 	Simon says 

Choose 1 calming activity

wall push up 	pillow squeeze 
song massage 	blanket roll 



# TARGETED SENSORY CIRCUIT



**Sensory Circuits**

Wake Up	Organise	Calm

The SEND Support Advisory Teacher

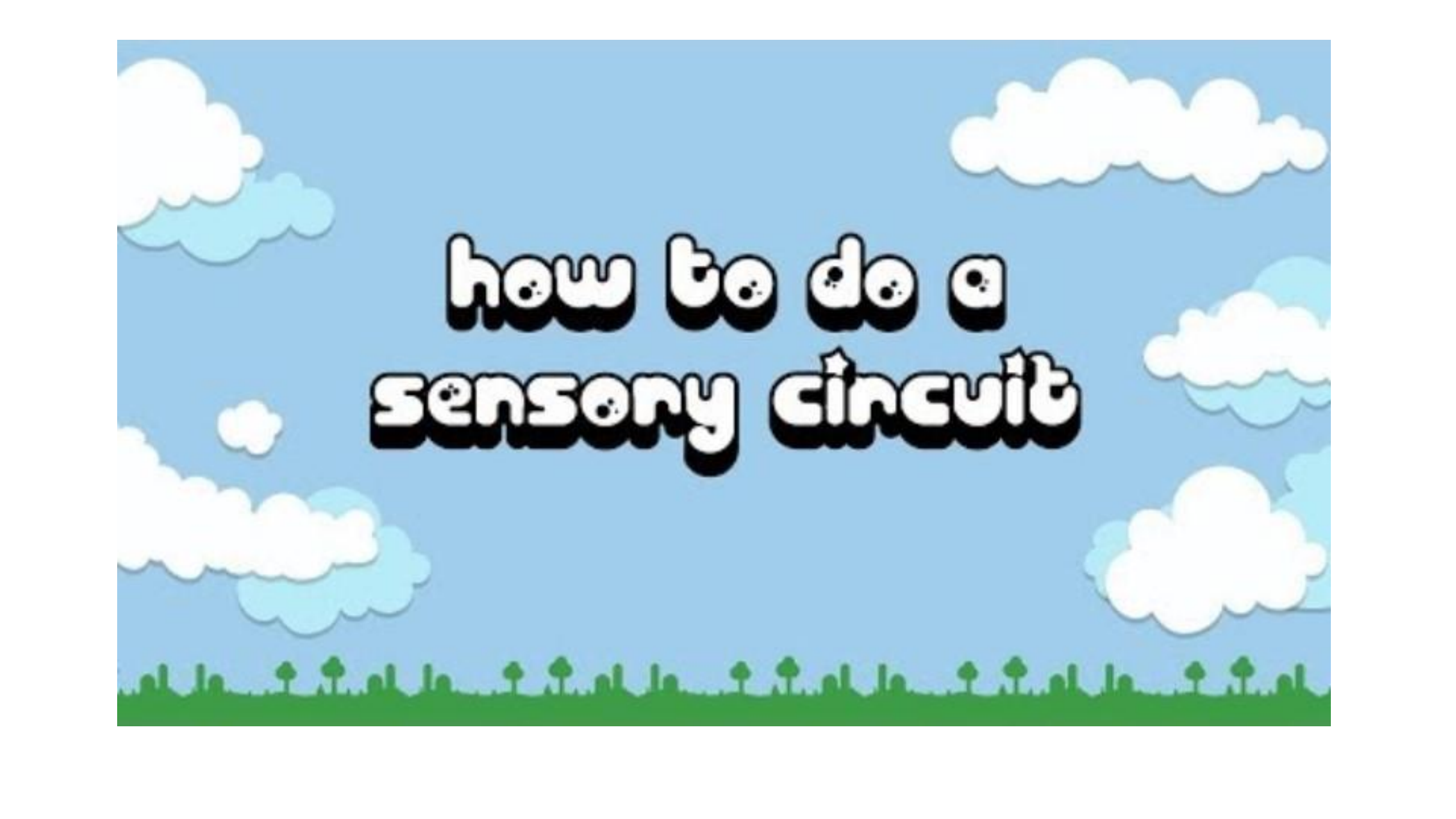
Name *Jack*

	 trampoline	 star jumps	 ball balance
<b>Let's get ready to learn!</b>			
 bean bags and hoops	 meditation	 push wall	

# WHAT DOES A SENSORY CIRCUIT LOOK LIKE?

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- <https://youtu.be/4EpBSD3dJnM?si=c9dgvosUfihPrG0q>
- [https://www.youtube.com/watch?v=UTAB-a\\_Nt6U](https://www.youtube.com/watch?v=UTAB-a_Nt6U)
- Regulate to communicate - Website, Instagram, Facebook



**how to do a  
sensory circuit**

# HAVE A GO AT A SENSORY CIRCUIT!

Combining **Alerting**, **Organising** and **Calming** activities as structured movement breaks support...

- Focus and concentration
- Emotional regulation
- Co-ordination and confidence

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