

Sensory CIRCUITS

A sensory motor skills programme for children



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Sensory Circuits

Sensory integration - describes the synthesising by the brain of all the sensory information it receives at one time

Sensory processing - an individual's response to a single sensation

Sensory processing/integration have a key role in child development

We all process sensory information differently

At any age, our central nervous systems need a sensory diet in order to maintain attention - adults and children use sensory motor experiences to help them be appropriately alert for any particular task at hand



Sensory Circuits

Sensory seeker / sensory avoider

Everyone has their own sensory motor preferences

If we are not meeting a child's sensory needs in the way they need it this can result in difficulties that may affect their childhood development and availability for learning

Some of us process our sensory integration in different ways

Sensory Circuits is motor skills programme to help meet those individual sensory integration needs. This then allows both brain and body to be more readily available for learning



Sensory Motor Terminology



Praxis: The ability to create a plan for how to interact with the environment, to carry out the plan and to correct the plan as appropriate to achieve the desired outcome.



Proprioception: The position of limbs, the position of the body in space, the contraction and stretch of muscles and the force and effort required within an activity.

Sensory Motor Terminology



Vestibular System: The sensory system in the inner ear that provides the brain with sensory information everytime the head moves in relation to gravity.



Tactile Input: This sensory input is obtained through touch and experience of texture, temperature, shape and weight.

Sensory Motor Terminology



Bilateral: Bilateral activities involve both sides of the body and both sides of the brain. We are bilateral beings and need bilateral integration.



Balance: Sensory balance is the ability to maintain balance and spatial orientation through the coordination of multiple sensory systems.

Sensory Circuit Structure

Alerting

To provide vestibular stimulation within a controlled setting - preparing the brain for availability for learning and the demands of the school environment.

Sensory Circuit Structure

Organising

To provide multi-sensory processing and balance.

Organise their body, plan their approach and do more than one thing at a time in a sequential order - helps increase a child's focus, attention span and performance within a classroom setting.

Sensory Circuit Structure

Calming

Perhaps the most important!
To provide sensory input to ensure that as they leave and return to the classroom they are as calm, centred and ready for the day as possible.

Sensory Circuits - Alerting

Bouncing Sphere

1




sit and balance

2



bounce with feet on the floor

3



bounce and turn



Bouncing Sphere - Alerting

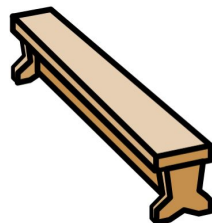


Sensory Circuits - Alerting


Step-ups



step-ups




on a bench




x10


1



fast



slow



+arms x10
(marching)

3



Step-ups - Alerting



Sensory Circuits - Organising

Rope Balance



1

rope balance



2

Balance a
beanbag on your
head



Rope Balance - Organising

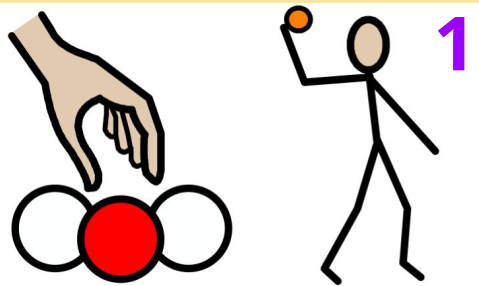


Sensory Circuits - Organising

Balance obstacle course



walk along bench

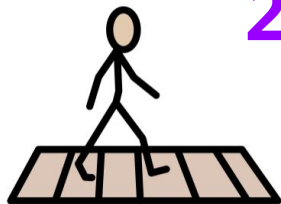


pick up

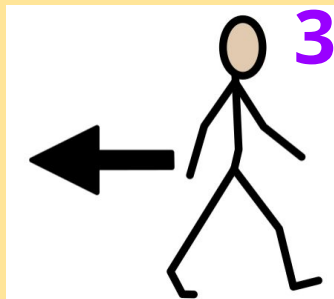
Throw to target



Balance a
beanbag on your
head



keep it there and
follow the course



backwards



Balance obstacle course - Organising



Sensory Circuits - Calming

Yoga exercises

butterfly pose



1

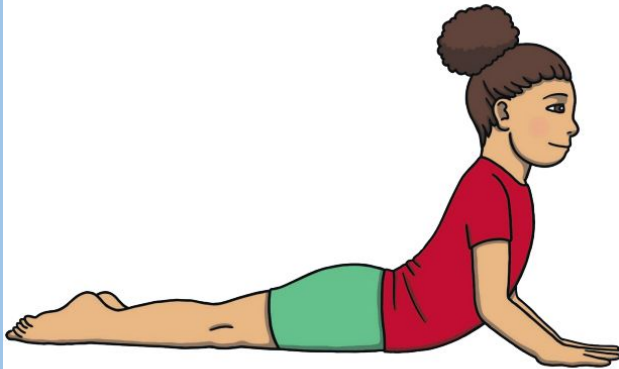
mountain pose



Sensory Circuits - Calming

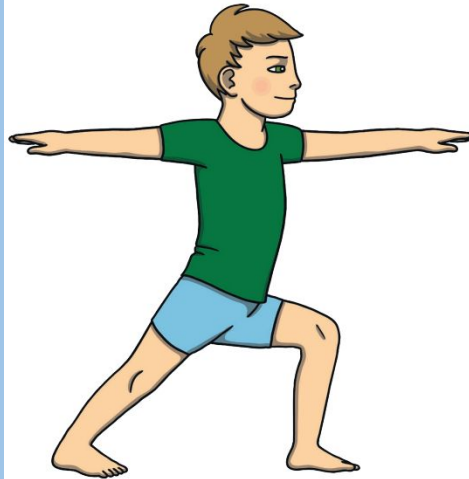
Yoga exercises

cobra pose



2

warrior pose



Sensory Circuits - Calming

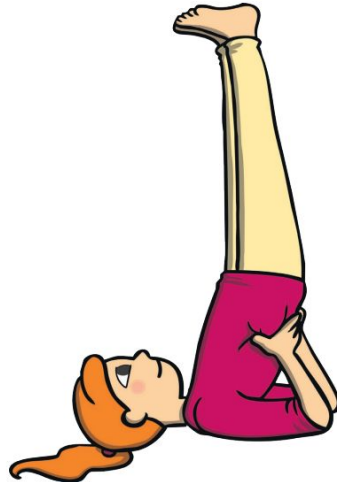
Yoga exercises

camel pose



3

shoulder stand pose



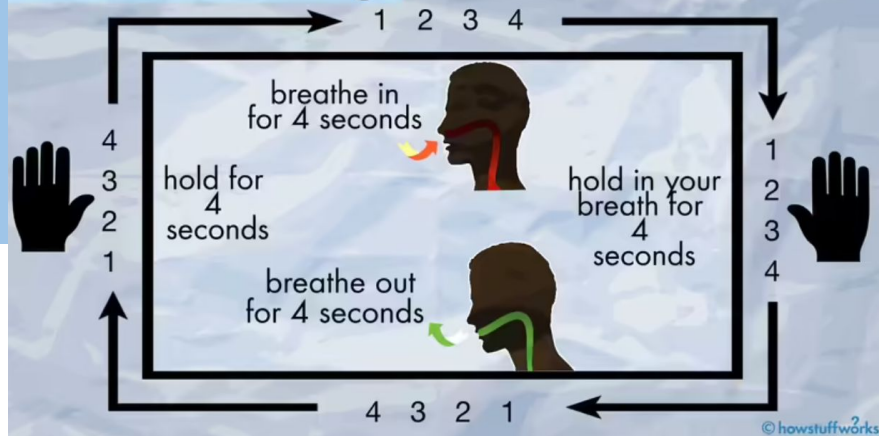
Yoga exercises - Calming



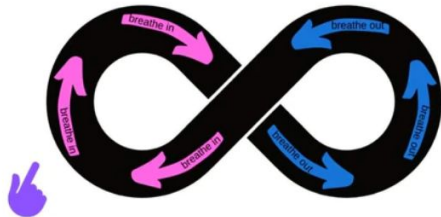
Sensory Circuits - Calming

Breathing exercises

Box Breathing



Lazy 8 breathing



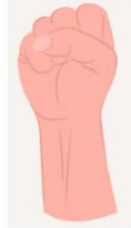
follow the arrows with your finger as you breath

Sensory Circuits - Calming

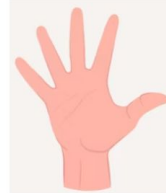
Pull/push/Squeeze release



Finger Pull
(pull for 5, release for 5 -
repeat)



squeeze fist
and hold for 5



-release and
hold for 5
-repeat x10



push palms
together



Sensory Circuits



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Sensory Circuits - Alerting

Bouncing Sphere

Bouncing seated on an exercise ball

Beginner - sit on ball balanced unaided, feet firmly on the floor



Intermediate - bounce all the way around the ball without stopping add higher bounces



Advanced - bounce while throwing and catching, bounce comping actions



