

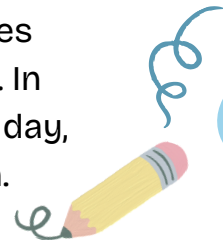
9 SENSORY CIRCUIT IDEAS FOR SCHOOLS



A Sensory Circuit is a short sequence of physical activities designed to help children regulate their sensory systems. In schools, Sensory Circuits are often used at the start of the day, after lunch or before lessons that require concentration.

Sensory Circuits follow a three-part structure:

Alerting Activities, Organising Activities and Calming Activities.



ABC

WHAT ARE THE BENEFITS OF SENSORY CIRCUITS?

Improves attention and concentration, helping children stay focused and engaged for longer periods of time.

Helps children develop self-regulation and manage their emotions and responses more effectively.

Support for neurodiverse pupils, including children with autism, ADHD and sensory processing differences.

Facilitates a smoother transition for children between lessons.

Promotes positive behaviour and classroom readiness, enabling children to effectively engage in learning.

Inclusive and flexible - meaning all children, not just those with identified SEND, can participate.



Aim: Providing controlled vestibular (movement and balance) and proprioceptive (body awareness) stimulation to prepare the brain for learning and help students meet the demands of their school day.

ALERTING ACTIVITIES

JUMP & COUNT STATION

A Jump & Count Station encourages pupils to perform movements like bouncing, jumping jacks or varied jumps using equipment such as a trampette or space hopper.

It helps build balance and strength while stimulating the brain by combining movement with numeracy tasks like counting or reciting times tables.



SPINNING AND HULA HOOPING

Spinning activities provide strong vestibular input, helping children, especially those who are prone to being hypo-responsive, stay alert.

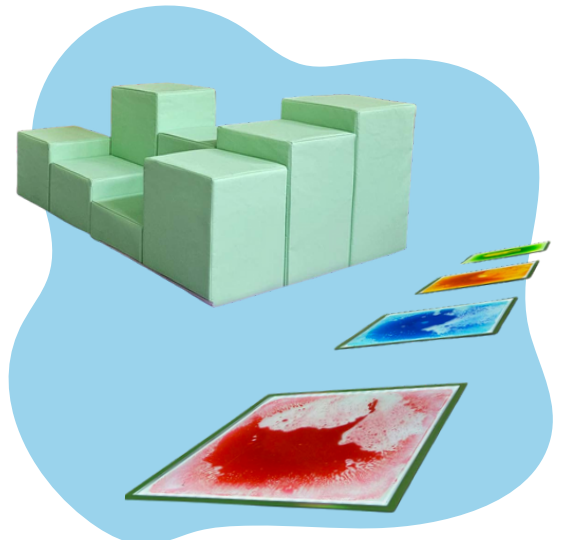
Using equipment like Hula Hoops or a Gonge Carousel also enhances proprioception, as children engage muscles to maintain balance and posture while spinning.



STEPPING STONES PATH

This activity promotes movement, spatial awareness and coordination. Pupils can develop cause-and-effect learning using Liquid Floor Tiles, which respond to movement, or safely navigate height challenges with Soft Play Stepping Stones.

It also encourages problem-solving, planning, and risk assessment as children decide how to move across the equipment, while supporting confidence, balance and cooperation.



ORGANISING ACTIVITIES

Aim: Designed to energise and alert children through activities that develop balance, timing and motor coordination. By encouraging planning and sequencing of movements, it helps improve focus, attention span and engagement with learning.

BEANBAG & RING TOSS GAME

Beanbag Toss and Ring Toss you can utilise targets or number-based scoring for pupils to develop proprioceptive and vestibular skills through aiming, throwing and coordinated movement.

These games can also be adapted into social activities, encouraging children to work together while building communication, teamwork and social interaction skills.



INTERACTIVE PLAY PANELS

With built-in puzzles, patterns and pathways, Interactive Play Panels encourage children to problem-solve, plan and coordinate their movements.

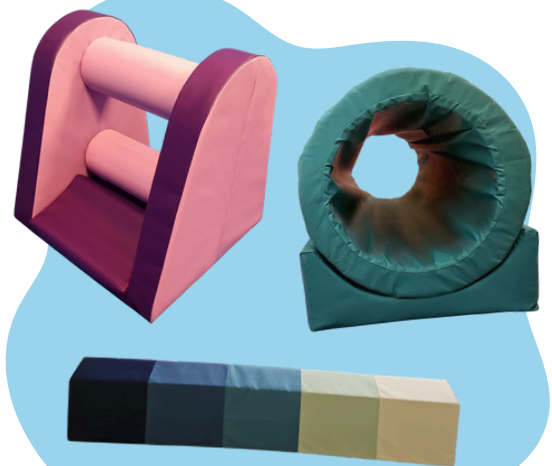
Lego Wall Panels can also be used to build and create, developing fine motor skills, hand-eye coordination and spatial awareness. Both can be used individually or in small groups, promoting communication, teamwork and shared creativity.



BALANCE & MOVEMENT COURSE

Using soft-padded equipment such as a Mangle, Balance Beam and Roller Tube, a Balance & Movement Course provides an engaging way to encourage active learning.

As children move through the obstacles, they can practice planning their actions, adjusting their movements and developing coordination and balance. This activity also supports spatial awareness, body control and confidence, offering a fun, hands-on challenge in a safe environment.



CALMING ACTIVITIES

Aim: Supports children to re-enter the classroom in a calm, focused state. This stage incorporates proprioceptive input, including deep pressure and heavy work, to promote regulation and readiness for learning.

INTERACTIVE BALL PIT

When immersing in an Interactive Ball Pit children can sink into the soft balls, enjoying the gentle pressure that provides proprioceptive input and promotes a sense of grounding and relaxation.

Adding interactive elements such as mood lighting and soothing sounds creates a multi-sensory experience that supports calm, focus and emotional regulation.



SENSORY ROCKING CHAIRS

Soft furnishings such as Half Rockers and Rocking Seats provide a soothing way to conclude a sensory circuit. The gentle back-and-forth rocking motions help relax and calm children, offering comforting rhythmic input.

For added relaxation, weighted blankets can be used on the rockers, delivering extra deep-pressure proprioceptive support.



FIBRE OPTIC CURTAINS & FIBRE OPTIC HARNESSES

As a calming visual and tactile feature, Fibre Optic Curtains are made from safe, light-up strands and can be draped over children, providing gentle pressure and a soft tactile sensation that promotes relaxation.

Floor-based Fibre Optic Harnesses can also be used to achieve the same soothing effect. The shifting colours and lights add a visual sensory dimension, creating a gentle, multi-sensory experience that engages attention while encouraging calm.

