



# Sensory Circuits

at home

Sensory Circuits are a fun and structured way to help children prepare their bodies and minds for the day. They involve a short sequence of physical activities that support children with sensory processing needs, helping them to feel more calm, alert, and ready to learn or take part in family life. The idea is that by following a set routine of specific movements, children can 'wake up' their bodies, improve their focus, and regulate their emotions. Sensory Circuits are often used in schools, but they can also be done easily at home.



## Alerting/Activating Activities

These wake the body up. They might include:

- Star jumps
- Skipping
- Bouncing on a trampoline or space hopper
- Running on the spot



## Organising Activities

These help the brain and body to work together. They might include:

- Throwing and catching a ball
- Balancing on a beam or line
- Clapping patterns or movement sequences to copy



## Calming Activities

These help the child feel settled and ready to focus. They might include:

- Wall pushes
- Deep breathing
- Gentle rocking or lying under a weighted blanket

Sensory Circuits usually take about 10–15 minutes and are best done at the same time each day, such as in the morning or after school.