

Sensory Circuits

Occupational Therapy



What is it?

- A sensory–motor activity programme which helps students achieve the ‘ready to learn’ state.



Why do we use it?

- Many students with ASD have sensory difficulties which make settling to work hard for them.
- Some have been on a school bus for 30-90 minutes when they arrive in school and need help adjusting their state of alertness ready for work.
- It has been used successfully in special and mainstream schools for individual and groups with difficulties settling to work.



How do we deliver it here?

- In group ‘drop-in’ sessions three mornings a week in the dining hall, set up and led by Occupational Therapist.
- In class based sessions led by teaching staff.
- For some individuals as part of a ‘Sensory Diet’, usually led by Teaching Assistants.



How does it impact on access to the curriculum?

- It reduces anxiety and sensory sensitivities so that students are better able to complete work following the sessions.
- It gives teaching staff more proactive strategies to use as part of students behaviour management plans for those with challenging behaviours.
- It allows students to learn self regulation using physical activities.



Quotes from staff

- *'Students are much more grounded when they come in from Sensory Circuits – able to sit and focus for the whole session'* (Of year 5 students)
- *'Sensory Circuits has changed his life! So much calmer in lessons now'* (Of year 1 pupil)
- *'I love this session, we can really get these (hard to motivate) children to interact with us in here.'* (Of reception class pupils)

Photographic evidence

Leo using the Alerting activities to get himself ready for the school day.



Claudia using the Organising activities to get herself calm and alert for lessons



Reading a book over a therapy ball – helping an overstimulated child to calm himself.

