



Wouldham All Saints Church of England Primary School

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Headteacher : *Mr Carl Fitter B-Ed(Hons) NPQH*

Sensory Circuits group

At Wouldham, we run 'Sensory circuits sessions' every day and we feel that your child would benefit from these activities. Participation in a short Sensory Circuit prepares the children involved to engage effectively with the day ahead. Behavioural clues such as fidgeting, poor concentration, excessive physical contact or overall lethargy can indicate a child is finding it difficult to connect with the learning process. Sensory Circuits is a great way to energise or settle into the school day.

The children really enjoy working with each other and the adult leading the sessions. They complete a series of activities as detailed below and for the majority of children this leads to improvement in alertness and co-ordination in class. The class teacher should be noticing a difference quite quickly from the children, usually 2 – 3 weeks. Children are reviewed every 6 weeks. This involves teachers, parents and the children commenting to see if Sensory Circuits has been beneficial.

The three Sensory Circuits areas are:

Alerting: These activities stimulate the bodies' central nervous system in preparation for learning. These include spinning, bouncing, skipping and jumping.

Organising: These activities demand the brain and body to work together. These include balance, co-ordination and concentration.

Calming: These activities give awareness of their body in space and increases the ability to self-regulate sensory input. These include heavy muscle work and deep pressure.

We do feel that your child would benefit from these daily sessions and we hope that you agree too. Mrs Adams (Higher Level Teaching Assistant) and Mrs Jarvis-Baker are trained to lead Sensory Circuits and would be happy to meet with you, if you require further information about the sessions.