



Programme Overview

Sensory Circuits

EYFS	KS1	KS2	KS3	FAMILIES
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Sensory Circuits are structured, movement-based sessions designed to help children recognise and respond to their current “zone” of regulation. Using simple, everyday materials like walls, floors, chairs, and cushions, children learn to build their own regulating routines, removing the need for expensive or clinical-looking equipment.

Each session introduces key concepts in sensory regulation and supports children to experiment, reflect, and create personalised circuits that they can use both in school and at home.

Purpose

To equip children with accessible, body-based tools to support their emotional regulation. By understanding their energy and emotional states, children learn to choose activities that help them feel calmer, more alert, or more balanced—improving behaviour, attention, and wellbeing.

Impact

- Greater body and emotional awareness
- Increased independence in recognising and responding to needs
- Reduced reliance on adults and reactive behaviour management
- Skills transferred across home and school environments

Outcomes

- Improved focus, readiness to learn, and emotional stability
- Stronger self-regulation and reduced classroom disruption

- Personalised toolkit of strategies that can be used daily
 - A self-made weighted cushion to continue regulation at home
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Example Session Structure

- **Warm-Up Check-In:** "What zone are you in today?" (linked to colours or emojis)
 - **Alerting Activities:** Jumping, wall pushes, or balance paths using mats and chalk
 - **Organising Tasks:** Crawling under chairs, throwing beanbags at a target
 - **Calming Segment:** Blanket rolls, breathing under a cushion, or rocking motions
 - **Reflection:** Choosing the top three movements for their personal circuit
 - **Make & Take:** Over the programme, children sew and fill a small weighted cushion to keep
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Group Size

Small group – 4 to 6 children

Session Duration

12 × 30-minute weekly sessions

Cost Per Session

Schools and Public Bodies: £21

Subsidised for families: £10

For Funders

Fully funded cost per 12-week programme: £1,656

(£23 per user per session)

Fully Funded includes delivery by qualified practitioner, programme administration and evaluation reporting, in-session resources, venue hire, and take-home items.

Version: 1.0

Approved by: Director

Date: 19/08/25

Review Date: 19/08/26