**Class Teacher ‘Grab and Go’ Resource**

A ready to learn circuit is a series of sensory motor activities that are organised into a circuit format. The circuit is a sequence of activities to provide children with the right type of sensory input to calm and organise them ready for learning. The circuit may help children decrease their need to fidget, increase their ability to concentrate or help them improve their balance and general motor co-ordination.

The sequence of a circuit consists of 3 sections which are, engaging (or alerting), organising and calming. The engaging phase of the circuit allows children to bring their nervous system from hyper-alert to calm-alert. The organising phase is an opportunity for different levels of challenge where children need to organise their body, plan their approach and do more than one thing at a time. The calming activities ensure that children leave the circuit feeling calm, centred and ready for learning. Keep it simple, successful and structured.

Use this ‘Grab and go’ resource as a whole class approach to benefit many children and not just individuals with SEN. This will support all pupils to be more ready to learn and help to manage sensory differences within the class. The ‘Grab and go’ circuit can take a few minutes, requires limited equipment and can be completed at desks or on the carpet in the classroom. Vary the length of each section depending on the needs of your class. Below are examples of each activity. Each section can be 30 seconds to 1 minute (or longer if needed).

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| **Engaging/Alerting Activities** | **Organising Activities** | **Calming Activities** |
| Running on the spot  Jumping on the spot  High knees  Crouch and jump  Twists side to side  Windmills (touching each foot with opposite hand)  Squats  Jump side to side  Star jumps  Dancing  Skipping on spot  Movement video on IWB  The ‘Bean’ game eg runner bean, jumping bean | Balance along an imaginary line  Hop from one leg to the other  Slow march touching opposite hand/elbow with knee  Making circles with arms outstretched  Rubbing tummy and patting head  Touch toes and stretch to the ceiling  Balancing on one leg  Simon says  Animal walks (need slightly more room)  Balancing book on head  Chair push ups  Neck rolls to either side (slowly) – 2 or 3 to either side  Stretch both arms up high, fingers outstretched and hold for 10 seconds | Hand presses (press hands together)  Head press  Yoga poses held for 10-30 seconds  Deep breathing  Thumb count to 10  Blowing as a focussed activity – eg. blowing out candle on each finger  Bear hug  Breathing exercises eg. starfish breathing, lazy 8,  Lifting something heavy  Calming music, eyes closed  Sensory/calm story |