**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 spotJumping on the spotHigh kneesCrouch and jumpTwists side to sideWindmills (touching each foot with opposite hand)SquatsJump side to sideStar jumpsDancingSkipping on spotMovement video on IWBThe ‘Bean’ game eg runner bean, jumping bean | Balance along an imaginary lineHop from one leg to the otherSlow march touching opposite hand/elbow with kneeMaking circles with arms outstretchedRubbing tummy and patting headTouch toes and stretch to the ceilingBalancing on one legSimon saysAnimal walks (need slightly more room)Balancing book on headChair push upsNeck rolls to either side (slowly) – 2 or 3 to either sideStretch both arms up high, fingers outstretched and hold for 10 seconds | Hand presses (press hands together)Head pressYoga poses held for 10-30 seconds Deep breathingThumb count to 10Blowing as a focussed activity – eg. blowing out candle on each fingerBear hugBreathing exercises eg. starfish breathing, lazy 8, Lifting something heavyCalming music, eyes closedSensory/calm story |