



and so the
ADVENTURE
begins

Not too far away in a local school, classrooms were full of curious students keen to learn and engage with one another.

Lively classrooms were exciting for students but some found it hard to focus and their teachers noticed and wanted to help.



One sunny afternoon, a special
education teacher, attended a
workshop on



SENSORY CIRCUITS



This workshop was led by a passionate Cognus Occupational Therapist who explained how sensory circuits can help all students feel calm, alert and ready to learn.

The OT spoke with enthusiasm about how sensory circuits can help students regulate their sensory needs using exercises to **help alert, organise and calm their sensory systems.**



Inspired by this new knowledge, the teacher was eager to work with the OT in bringing sensory circuits to life in the classroom.





With guidance from the OT, the teacher developed an understanding of the student's sensory and regulation needs.

Some students felt 'too much' in the classroom and were over aroused whereas other students felt 'too little' and were under aroused. This did not always help the students feel ready to learn.



The teacher learned that sensory circuits could provide calming and stimulating experiences to help students attend, focus and thrive.





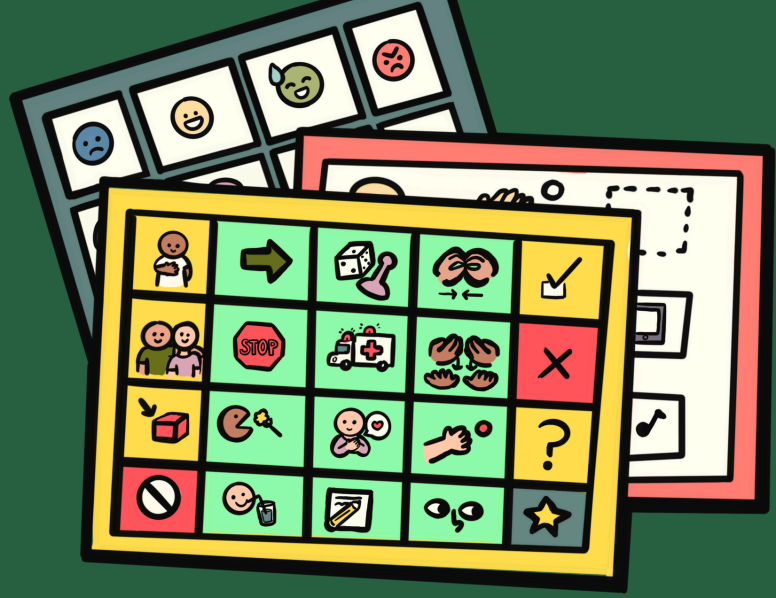
As the days went by, a **movement corner** was created to help students feel more alert and 'wake up', with space to complete high-energy exercises.

A **calm corner** was made where students could take a break and unwind when feeling overwhelmed



and a corner to help organise the sensory system with pushing and pulling activities and visual puzzles.





Pictures of the exercises and activities were placed in each corner to help students understand what to do and to use these spaces more independently.



With a little more help, the OT took time to show the students how to use the sensory circuit and what to do in each corner. Much fun was had by the OT, teacher and students in learning the exercises and activities.



In the weeks that followed, the sensory circuit became a beloved part of daily life in the classroom.



The teacher noticed that all students benefited from the circuit and those who once struggled to focus now had opportunities to regulate. The students were more centred, ready to learn and engage.





Word of the classroom's success spread throughout the school, inspiring other teachers to create similar sensory circuits.



The school embraced the importance of **sensory needs, fostering an inclusive environment for all students.**





And so, the sensory circuit adventure continued, reminding everyone that sometimes, all it takes is a little creativity, teamwork, and understanding to create a world where everyone can thrive.

