

Rethinking Sensory Circuits

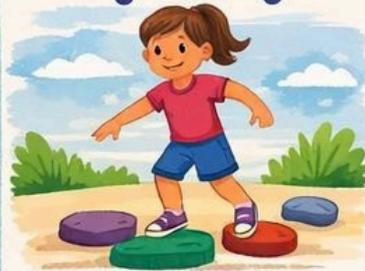
What does the student need right now?

Alerting?



Wake Up?

Organising?



Get Focused?

Calming?



Feel Safe?

What supports this nervous system right now?

Choice is Central

Students need to explore what their body needs



Spin



Climb



Swing



Build Body Awareness

How does your body feel?

Check In & Reflect



Beyond One Room...

Bringing Sensory Strategies Into the Day

