

# Regulation Hub Information



**Growing together, hand in hand**

## Sensory Circuit and Calm Zone

Here at Gorsemoor, we are passionate about providing an inclusive education for all, this is not only within the classroom environment but throughout the school to ensure we are always trying meet your child's individual needs. We are delighted to inform you that we have a brand new bespoke sensory room in school, known as the Regulation Hub. This is where will be able to provide a sensory circuit and calm area within school that will be accessible for all pupils. We really feel this is the next step in our inclusive journey.

A sensory circuit is a short sensory programme that has a sequence of activities, these activities provide a child with the right type of sensory input in order to calm and organise their brain, which then enables the child to access learning and achieve their full potential.

### Research and rationale



Jean Ayres developed the theory of sensory integration in the late 1950's, this is where she recognised the key role that sensory processing played in a child's development and how the brain acts as a 'sensory processing machine'. Research has

continued from these findings, highlighting the behaviours that can derive from the child's brain when they have difficulties in processing and making sense of the messages they are receiving through sensation. The brain attempts to 'sort' the sensory information it receives to allow a response appropriate to the situation.

However, a child that has difficulty organising this and making sense of the information may have difficulties in concentrating and learning in school. This child will have to work twice as hard as their peers to achieve the outcomes required.

The behaviours that stem from a child that has these difficulties may look like this:

- Fidgety
- Shouting out in class
- Difficulty in changing for PE
- Easily angered
- Doesn't remember a set of instructions
- Lethargic
- Poor self-esteem
- Rocking on chair

The list could go on!

It has been observed by many professionals and other schools that there are numerous advantages to children having access to a sensory circuit throughout the school day. Not only will this encourage the development of the child's sensory processing but will enable a child to regain focus to be able to concentrate on learning. In the longer-term Improving ability to engage in work, self-esteem, increased focus and attention, development of physical skills, communication skills and opportunities to engage in other activities outside of the classroom setting.

Having this area within school will also provide children with the opportunity to remove themselves from situations where they may feel overwhelmed and enter a place where they can begin to develop their skills in regulating their own emotions. To begin with this will need to be facilitated by an adult, by providing this time we will enable pupils in the long-term to be able to successfully regulate their own emotions independently. This will have an impact on behaviours in school and hopefully enable pupils to recognise their own emotions and when they are not coping there is a space for them to go to without disrupting the rest of the class.

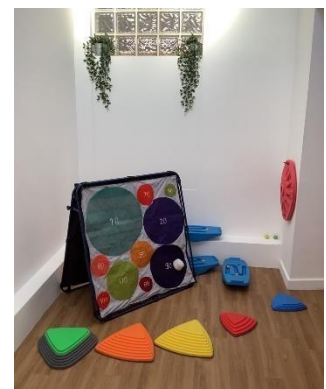
### What it will look like

A circuit should follow a 3-step approach: alerting activities, organising activities and calming activities. All children need to follow this, even if a child is in an aroused state the steps will enable a child to regulate their senses and allow a child to enter a calmer state.

Alerting activities - this provides vestibular stimulation (the vestibular system explains the perception of our body in relation to gravity, movement and balance) allowing a child to focus and get ready to learn. For a child who is full of energy this will support them in focusing and for the child that needs 'waking up' it will motivate them to 'get going', preparing all for learning. These activities can include, skipping, jumping, bouncing and spinning.



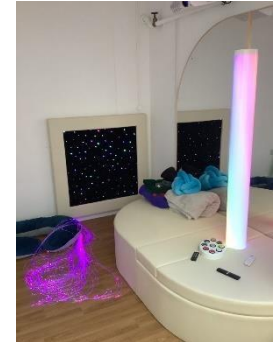
Organising activities - this section involves multi-sensory processing and balance. The activities will require children to organise their bodies, plan how they will complete the task and will need a one-step at a time approach. These activities include, hopping, balancing and throwing beanbags at a target.



Calming activities – this section is the most important part of the circuit, as the activities enable a pupil to enter a calm state of mind and be ready to learn. This section meets the proprioceptive needs of a child (the awareness of where parts of body are). The activities will include, deep pressure on body such as weighted bean bags or weighted blanket, rolling child in a blanket, massaging hands and feet. In addition this area has a bubble tube, fibre optics and a wall fibre optic, all of these provide a visual calm environment.



Each section should be around 3 minutes, but this can be altered to meet the individual needs of the child allowing them the time they require to emotionally regulate. Children will be able to turn their own timer to begin the circuit, providing a visual representation of time.



We are extremely excited and fortunate to be provided with the opportunity to implement a sensory circuit within our school and we whole heartedly believe that this will be majorly positive for the children that require the calmness and coping mechanisms which it provides to enable them to access their full potential.

If you would like to discuss this further or if you have any questions, please do not hesitate in contacting:

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