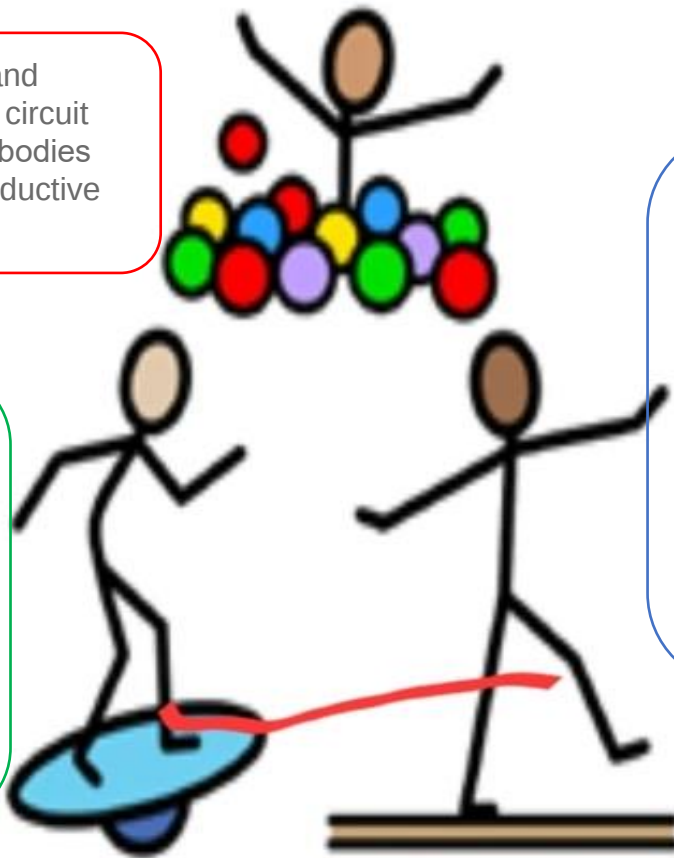


The sensory circuit at Ravensdale Infant and Nursery School is an active and engaging circuit exercise, designed to stimulate children's bodies and minds so that they are ready for a productive day at school.

Every sensory circuit is split into three sections:

Alerting, **Organising** & **Calming**.

Each section has its own activities and purposes, so by the time children have reached the calming stage, they are ready to learn.



Alerting: This section aims to help children release any pent-up anxiety and energy.

Organising: Where children are challenged to channel their energy into an activity that requires skill and focus.

Calming: The final section is designed to re-capture children's energy and help them feel more centred within themselves.

Sensory Circuits