

FERN FEDERATION

Cefn Primary School, Craig Yr Hesg Primary School.



Within The Fern Federation, we work with a number of external partners to help develop our children's sensory and movement needs. This includes health, educational psychology, as well as members of the learning support team. These professionals recommend specific and individualised methods to help support our childrens' development.

SENSORY CIRCUITS

Our bodies can experience 8 different senses. On top of sight, smell, touch, taste and hear, there are:

- **Vestibular input (balance):** These receptors are in the inner ear and stimulation occurs through any change in position, direction or movement of the head. Vestibular input contributes to our sense of body position in space, posture and muscle tone, the maintenance of a stable visual field, bilateral co-ordination, a sense of equilibrium/balance and gravitational awareness.
- **Proprioceptive input (movement):** This system is in our muscles, tendons, ligaments and joint receptors. It tells us where our body is in space and detects and controls force and pressure. It helps us to feel grounded and know where we are and what we are doing.
- **Interoceptive input (internal):** Sometimes called the hidden sense, the interoceptive system gives us the ability to feel what is happening inside our body. It plays a role in influencing emotions and sense of wellbeing and detects changes in our internal state. These include hunger and fullness, thirst, body temperature, heart and breathing rates, social touch, muscle tension, itch, nausea, sleepiness and more.

Depending upon our story to date, we might need specific exercises to help develop these areas. A sensory circuit usually involves the following three steps:

1. Alerting; an awaking of the senses
2. Organising; a focused task which may develop fine/gross motor skills
3. Calming; method to relax after providing focus

HOW CAN I HELP MY CHILD AT HOME?

Depending upon your child's interests and likes, some of the following might be beneficial:

Alerting:	<ul style="list-style-type: none">• Scooter board/skateboard activities (e.g. go fetch)• Music – dancing, instruments• Space hopper jumping• Trampoline• Climbing frame• Using equipment/heavy work such as a long handled brush or mop on the floor• Bike or scooter around a track
Organising:	<ul style="list-style-type: none">• Dough disco (search YouTube)• Peg things on the line• Puzzles/Jigsaws• Go fetch games: colours/shapes• Sorting objects: colours/size
Calming:	<ul style="list-style-type: none">• Rolling on a big ball/mat• Lay under a bed sheet/quilt• Watching a moving light source• Yoga (search Cosmic Yoga on Youtube)