

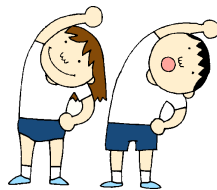
Cylched Synhwyrdd



Sensory Circuit

Cylched Synhwyrdd

Hybu prosesu synhwyrdd ac integreiddio synhwyrdd



Sensory Circuit

Boosting sensory processing and sensory integration

Mae yn



- Strwythuredig
- Aml-synhwyrdd
- Ffordd o setlo plant ar ddechrau'r dydd
- Ffocysu ar ganolbwyntio yn barod ar gyfer dysgu
- Mae'r cylchred yn datblygu prosesu synhwyrdd y plentyn
- Hwyl
- Arwain at lwyddiant ac adeiladu hyder.

It is



- Structured
- Multi-sensory
- A way to settle children at the beginning of the day.
- Focus on concentration in readiness for the day's learning.
- The circuit encourages the development of the child's sensory processing
- Fun
- Leads to success and builds confidence.

Y sesiwn



- Sesiynau o 20-30 munud
- Digon o ofod
- 5-10 munud ar bob agwedd - tanio, trefnu, tawelu
- 45 eiliad ar bob weithgaredd
- Sesiynau dyddiol yn ddelfrydol

The session



- Sessions of 20-30 minutes
- Enough space
- 5-10 minutes on each aspect - alerting, organising, calming
- 45 seconds on each activity
- Daily sessions ideally

Pob sesiwn i gynnwys gweithgareddau:

- **Tanio:** e.e. sgipio, bownsio ar drampet, eistedd ar bêl ffitrwydd, loncian, neidio o le uchel i le is.
- **Trefnu:** e.e. troi'n unionsyth, cwrs antur balans, ymarferion rhuban gymnasteg, bwrdd siglo, gweithgareddau 'Simon yn dweud'.
- **Tawelu:** e.e. byrfraich, gwthio/tynnu troli gyda gwrthrychau trwm o amgylch cwrs o gônau, y planc, cropan drwy dwnnel.



Every session should contain these activities :

- **Alerting:** e.g. skipping trampette bounce, sitting on a gym ball, jogging on the spot, stepping up and down from a bench.
- **Organising:** e.g. log rolls, balance obstacle course, gymnastic ribbon exercises, wobble board, 'Simon says' activities.
- **Calming:** e.g. press-ups, pushing/pulling a trolley with heavy objects around a course of cones, plank exercise, crawling through a tunnel.



Offer

Defnyddio offer sydd yn yr ysgol yn barod e.e.

- casgliad o beli/bagiau ffa
- eitemau balans (honglath, cerrig camu, bwrdd siglo, a.y.b.);
- targedau; twneli, hwla hŵp; rhubantau gymnasteg;
- cadeiriau a byrddau.



Equipment

Make use of the equipment that is already in school e.g.



- a selection of balls/bean bags;
- balance items (balance beams, stepping stones, wobble boards, etc.);
- targets; tunnels; gymnastic ribbons;
- chairs and tables.

