

Sensory/Recalibration Room guide



Having access to sensory rooms can profoundly improve an individual's experience of a space. It can also make a big difference in a child's development. This guide will help individuals, groups, businesses, and other organizations consider how they might repurpose a room or space in their building to provide a meaningful sensory room for anyone.

WHAT IS A SENSORY ROOM?

A sensory room is a therapeutic space with a variety of equipment that provides individuals with beneficial and sometimes personalized sensory input. The intent is to help individuals improve their visual, auditory, and tactile processing through a calming experience.

WHAT ARE THE BENEFITS?

These rooms offer several potential benefits. Some that have been seen in studies include:

- Improved mood
- Reduced aggression
- Increased self-esteem
- Expanded understanding of the environment and cause and effect
- Increased verbal and non-verbal communication

WHERE TO BEGIN?

To begin, start by asking **WHO** is going to use this space and **WHERE** in the building is the best room or space to utilize.

WHO - If there are specific individuals that will utilize the space, having specific items unique to those individuals is a great place to start. Ask them or a family member what sort of items would be most beneficial to have in the space. If the space will serve others that you don't know, it's best to simply offer as much variety as you can to give folks as many options as possible.

WHERE – Having a specific room designated as a sensory is wonderful; however, you don't need an entire room to have an impactful sensory space. Think about the space you have to offer and how you might customize that area. The goal is for the individual to seek out activities to help them regulate their body.

WHAT SHOULD BE IN THE SENSORY ROOM?

As stated above, it may be best if you have specific people who will utilize the sensory room to offer specific items for their needs. Here is a list of some great general items to consider:

1. Basic Items
 - a. Headphones/Earmuffs
 - b. Sunglasses
2. Sensory Lighting (*reduced/dimmed overhead lighting)
 - a. LED Color Changing Lights
 - b. Bubble Tube Lights/Bubble Wall
 - c. Clydescope Projections
 - d. Fiber Optic Lights
 - e. Tap-Tap LED Lights
3. Music/Sounds
 - a. Quiet/Relaxation Sounds
 - b. Alexa/Stereo
4. Sensory Wall Boards
 - a. Mirror
 - b. Whiteboard
 - c. Texture Panels to touch
 - d. Picture Based Calm Down Visual Boards
 - e. Liquid Tiles
5. Tactile Items
 - a. Putty/Play-Doh/Kinetic Sand
 - b. Sand/Water tables
 - c. Bubbles/Bubble Machine
 - d. Bumpy Sensory Balls
 - e. Pop-Its
6. Sensory Seating
 - a. Harkla Hug
 - b. Wiggle Seats
 - c. Hug Boat
7. Scent Infusers/Aromatherapy Machine
8. Accessible tables (for adults and children)
9. Padded Mats
10. Sensory Swing
11. Balance Beam or E-Z steppers
12. Crash Pad/Mat
13. Body Socks/Weight Blankets/Squeeze Machine
14. Climbing Structures
15. Tunnels
16. Yoga Balls/Physio Balls

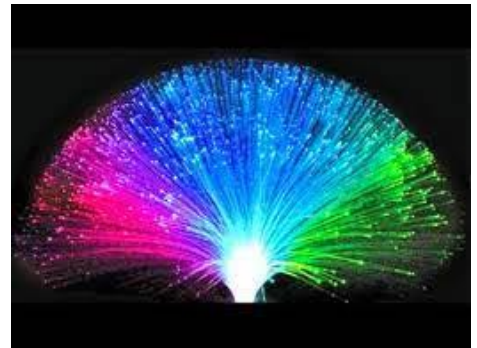
Here is the list expanded with pictures:

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6. Sensory Seating

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- b. Wiggle Seats
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10.Sensory Swing



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12.Crash Pad/Mat



13.Body Socks/Weight Blankets/Squeeze Machine



14.Climbing Structures



15.Tunnels



16.Yoga Balls/Physio Balls

