

Who Benefits from Sensory Rooms?:

Sensory resources benefit both teachers and students by teaching self-soothing and coping skills thus limiting group distractions and providing individualized support

SENSORY SUPPORTS CAN BE USED FOR STUDENTS WITH:

- Inattention, hyperactivity or ADHD
- Environmental sensitivity or Sensory Integration Disorder
- Anger, defiance or ODD / Conduct Disorder
- Social or Developmental need or PDD / Autism

FIRST THINGS FIRST (PREP)

- Gain approval for a sensory corner in your classroom from your administrator (Show the research!)
- Find and clear a space that you can monitor but still give the child some privacy from classmates
- Send out an email to your building to request materials

WHAT IS IN A SENSORY SPACE?

Swings, lava lamps, cd players, tents, lap weights, seat fidgets (squish balls, small rubber shapes, rocks, sea shells), fan, projector (like those used in nurseries), vibrating toys, sensory containers (dried black beans, blocks, or any other inedible materials to comb hands through), bean bags, heavy blankets, trampolines, giant rubber bands (to put around legs of chair to bounce feet against), Velcro strips



HOW TO

MAKE YOUR OWN SENSORY ROOM:

- Complete the prep work (above), then clear out a corner, add some shelves, and organize your materials (see the list above)
- Explain to your class how to use the materials. Have a conversation about self soothing and knowing your triggers for off task behavior
- Model use of the materials
- Praise students for using the sensory corner and have them fill out an exit slip afterwards

MAKE YOUR OWN MATERIALS

- LAP WEIGHTS: Fill a new sock with beans or rice and sew shut
- DEPRIVATION TENT: Put Velcro around a card table and then attach blanket with hook loops
- SNOW GLOBES: Put water and glitter in a clean jar, glue closed
- FIDGET RINGS: Put beads on a binder ring, glue closed

IS IT WORKING?

Monitor the effectiveness of your sensory supports by having students fill out exit slips : How did they feel Before? After?