

# Creating a sensory area

## What to consider

Deciding on the purpose for your sensory space. It could be to calm or to alert.

This will vary from person to person and can take time to find the right way for your setting to do things. It's all about trial and error.

You may find that having a calming space is the most needed in your setting as it is easy to be overwhelmed with the sounds, smells and the busy environment that we're in.

Alternatively some people may require a sensory space for activity, this could be to distract from other overwhelming sensory stimulation or to help engage and remain alert.

When starting out you might find it hard to distinguish between someone who comes in looking to calm, compared to someone who comes in looking to stimulate their brains as there can be similar characteristics. You will understand this more as time goes on but don't be afraid to ask parents, carers, support workers or friends what they think they would benefit from if they don't communicate in the same method that you do.

### What you can consider for calming spaces

- A dark area, this could be a tent, some draped fabric or simply the lights not turned on in an area of the space.
- Soft seating, cushions, weighted blankets, inflatable loungers.
- Making dough can be a great calming activity.
- If you want to have music available either in headphones or through a system then white noise sounds are great.

### What you can consider for alerting spaces

- Table top activities, puzzles, things that can be done independently.
- Resistance bands, fidget toys
- Lights draped or moving like a disco ball.
- Having fresh scents using oranges, mint can be alerting either in drinks, activities or to have in a pot for the scent.
- Tactile surfaces to walk on and explore like bath mats.



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