

Sensory Room

A calming and stimulating space to support children's learning and emotional wellbeing.

What is a Sensory Room?

A Sensory Room is a dedicated environment designed to provide children with sensory experiences that:

- Promote relaxation and calm
 - Encourage exploration and creativity
 - Support learning and focus
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Why use a Sensory Room?

Children with sensory processing differences or emotional regulation difficulties may benefit from this space. Sensory Rooms can help:

- Reduce stress and anxiety
 - Improve attention and concentration
 - Build social and communication skills
 - Encourage self-regulation and coping strategies
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Features of a Sensory Room

- **Visual:** soft lighting, fibre optics, bubble tubes, projectors
 - **Auditory:** calming music, nature sounds, sound panels
 - **Tactile:** textured objects, weighted blankets, play materials
 - **Olfactory:** safe scents or aromatherapy
 - **Vestibular & Proprioceptive:** balance boards, trampolines
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How to Use the Sensory Room

- Staff supervision or guidance for safety
 - Short, structured sessions or as needed
 - Tailored activities to individual children
 - Observe and support positive engagement
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Who Benefits?

- Children with autism or ADHD
 - Pupils with anxiety, emotional regulation needs, or trauma history
 - Anyone needing a calm space to regulate and recharge
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Tips for Success

- ✓ Keep the room organized and clutter-free
 - ✓ Rotate equipment and stimuli to maintain engagement
 - ✓ Ensure the environment is safe and monitored
 - ✓ Link use with classroom strategies for self-regulation
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A Sensory Room is a flexible and supportive space that helps children feel safe, calm, and ready to learn.

 For more information, please speak to Juniper Therapy.