

# Sensory Room

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

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## 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.