

8 How to Create a Sensory Space



INCLUSION IS EVERYONE'S BUSINESS

TIP SHEET

What is a sensory space?

A sensory space is designed to help children feel safe and to take a break from the environment that may be causing them distress. It can help children to regulate their emotions in a low-stress and fun area.

Tips for creating a sensory space

- A sensory space can be set up in a quiet area of a room or environment.
- Ensure the space is uncluttered and has enough room for children to lie down or sit.
- Ensure that the sensory space can be well supervised.
- Have a 'sensory box' containing a range of sensory toys and items.
- Store sensory toys in easy to reach spaces so all children can access them, including children in wheelchairs.
- The sensory toys don't need to strictly stay in the sensory space. Some children find it easier to engage in group activities while holding a sensory toy.
- Reduce visual clutter by limiting the amount of wall displays, loose materials and anything else that contributes to a busy background.
- Find a space that has natural, incandescent, or dim lighting.

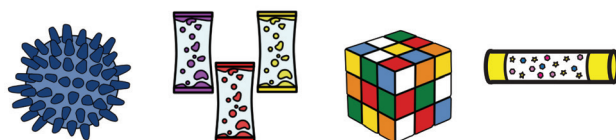
All children benefit from different sensory input. When creating a sensory space, it is important to have a range of sensory equipment that tailors to children's varying sensory needs. Therefore, it is best to have sensory equipment that is both calming, for those who are [hypersensitive](#), and stimulating, for those who are [hyposensitive](#).

Here are some ideas of what could be included in a sensory space:

- A child's tent
- Curtains, mosquito net or dividers
- Bean bag
- Picture books
- Pillows
- Weighted blanket or weighted toy

Here are some ideas of what could be included in a sensory box:

- Fidget spinners
- Textured therapy balls
- Disposable ear buds or noise reducing headphones
- Ankle/wrist weights
- Play dough or therapy putty
- Liquid or oil timer



Note: Assistance with designing a sensory space can be provided by a child's Occupational Therapist (OT) or parent.