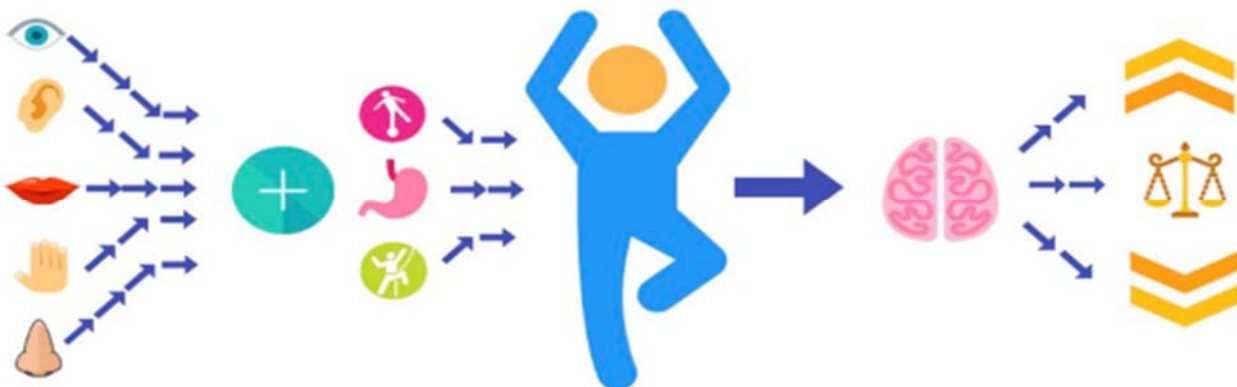


Sensory Space

Sensory modulation is technique to help people self-regulate their emotions and behavior using sensory stimulation. It is often applied to assist with concerns associated with mental health, sensory processing, memory loss as well as attention or Autism spectrum disorders. Sensory spaces are designed to meet the sensory needs of the person/group accessing them. Sensory modulation looks to engage one or more of the 8 senses to enable a person to self-regulate .

Sensory modulation equipment has different purposes depending on the needs of the person. These purposes include;

- Grounding
- Alerting
- Calming
- Self-soothing
- Distracting
- Mindfulness



Considerations for Designing a Sensory Space:

- Consider the person/group's sensory preferences. An OT can conduct a Sensory Profile of an individual.
- Is the space safe?
- Will using the space become part of the person/group's daily routine?
- Will there be activities available that require supervision?
- Where will the space be located? Will there be external noise that affects the space? Is the location accessible?
- If designing a room for a group setting, are there aspects of the space that could be recreated in a home setting?

Choosing Sensory Space Equipment:

VISUAL

- Fibre optic lighting (calming, grounding)
- Projector
- Coloured tiles
- Colouring books (mindfulness)



SMELL

- Aromatherapy oil diffuser (calming)
- Scented markers
- Scented stickers



TOUCH

- DIY sensory wall
- Brushes (grounding, alerting)
- Weighted blankets or vests (calming, grounding)
- Theraputty
- Sandpit (social interaction)



SOUND:

- Noise cancelling headphones (self-soothing)
- Speaker (many portable options)
- White noise machine (calming and grounding)
- Use a table cloth on tables and rubber or carpet on floors to dampen sound.



VESTIBULAR

- Scooter board
- Yoga ball
- Crash mat
- Swing
- Trampoline



PROPRIOCEPTION

- Resistance bands for legs and arms
- Bubbles (mindfulness)
- Medicine balls
- Floor/wall sticker obstacle course
- Weighted vest/toy/blanket



TASTE:

Food and water may be available in some spaces. Some foods are used to alert and ground, such as strong mints.

INTEROCEPTION:

The space should enable people to detect internal cues and feel comfortable.

For more information, please contact

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