

# HOW TO CREATE A SENSORY FRIENDLY SPACE IN YOUR HOME

A sensory-friendly space is a small area in your home designed to help your child's body and brain feel more organized. It is not a time-out space, it is a support space your child can use to calm, reset, or prepare their body to learn and play.

## Step 1: Choose the purpose of your space

Decide what this space is mainly for:

- Calming and relaxing
- Managing big emotions
- Improving focus and attention
- Getting movement and body input

## Step 2: Pick the space

Good options include:

- A quiet corner of a bedroom or living room
- A small tent, fort, or closet area
- Any spot that feels safe and predictable

*Tip: Smaller spaces with clear boundaries often feel more calming.*

## Step 3: Set up the environment

### Lighting & Visuals

- Soft or dim lighting
- Fewer toys on display
- Neutral colors when possible

### Sound

- White noise, soft music, or quiet
- Headphones if your child is sensitive to noise

### Comfort

- Rug, pillows, beanbag, or cushions
- Favorite stuffed animal or blanket

## Step 4: Add Sensory Supports

Choose items based on what helps your child:

### For calming & body awareness

- Weighted lap pad or heavy blanket
- Big pillows to squeeze or crash into
- Weighted stuffed animal

### For movement

- Rocking chair, wobble cushion/wiggle seat, swing, sit n spin
- Mini trampoline
- Therapy ball

### For hands & focus

- Fidgets or sensory bottles
- Textured fabrics or toys
- Chewy toys

## Step 5: Support emotional regulation

- Feelings chart or mirror
- Breathing visuals or glitter jar
- Calm-down cards
- Timer to show when the break is finished

## Step 6: Teach your child how to use it

- Practice using the space when your child is calm
- Keep rules simple: safe body, safe tools
- Show them what the tools are for
- Help your child return to activity when ready

*This space works best when it is used **before** a meltdown or when emotions are just starting to build.*

## Helpful reminders

- This space works best when it is used before a meltdown or when emotions are just starting to build.
- This should not be used as a punishment
- More tools are not always better
- Adult support is important at first
- Adjust the space as your child grows and their needs change