Sensory Room Equipment Guide
Helpful Tools for Creating a Sensory-Friendly Environment
By Mackinzie Arthur, Oak Park Pentecostals

Weighted Blankets
Price Range: $25–$80

Purpose: Weighted blankets provide deep pressure stimulation, which can help calm the nervous system.

How to Use:
• Use while seated or resting
• Ensure the blanket weight is appropriate for the child
• Monitor use carefully

Noise-Canceling Headphones
Price Range: $20–$100

Purpose: Reduce overwhelming sounds and help children focus.

How to Use:
• Offer when noise becomes overwhelming
• Allow the child to remove them when comfortable

Sensory Swings
Price Range: $40–$150

Purpose: Provide vestibular input through gentle swinging.

How to Use:
• Always supervise
• Encourage slow, gentle motion

Bean Bag Chairs
Price Range: $30–$90

Purpose: Provide soft, comforting seating.

How to Use: Encourage quiet sitting or reading

Fidget Toys
Price Range: $5–$20

Purpose: Provide tactile stimulation that helps focus.
Examples:
• stress balls
• textured fidgets
• pop toys

Crash Pads
Price Range: $60–$150

Purpose: Provide safe deep pressure through jumping or landing.

Balance Boards
Price Range: $30–$90

Purpose: Provide proprioceptive and balance input.

Ball Pits
Price Range: $40–$120

Purpose: Provide deep pressure and movement.

Sensory Lighting
Price Range: $20–$70

Examples:
• bubble tubes
• fiber optic lights
• soft LED lighting

Purpose: Provide calming visual stimulation.