Sample Sensory Room

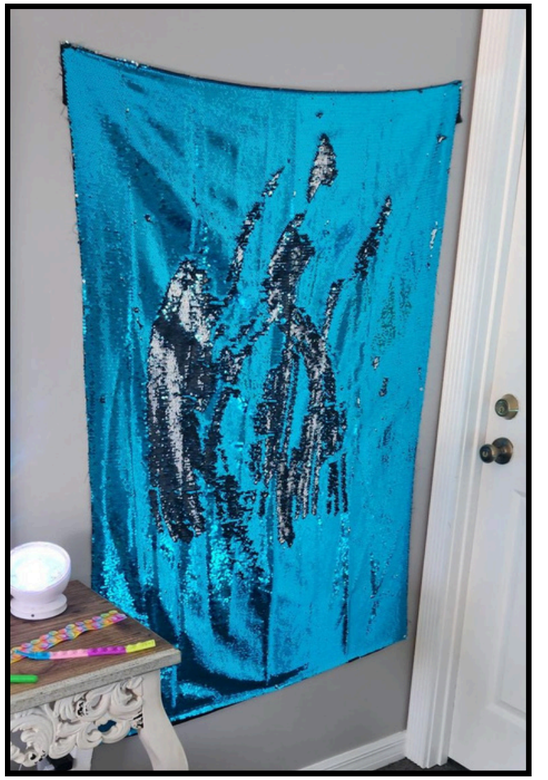
A look at a few of the items we include in our church's sensory room and the reasoning behind it.





Light Table

Provides a calming, multi-sensory experience for autistic individuals by illuminating materials, which enhances sensory exploration, fine motor skills, and cognitive development. Also helps with sensory processing, focus, and emotional regulation.



Mermaid Fabric

Offers calming visual and tactile stimulation.



Crash Pad

Provides a safe, cushioning surface that offers deep pressure and sensory input through activities like jumping, crashing, and tumbling, which helps with sensory regulation, stress management, and the development of gross motor skills.



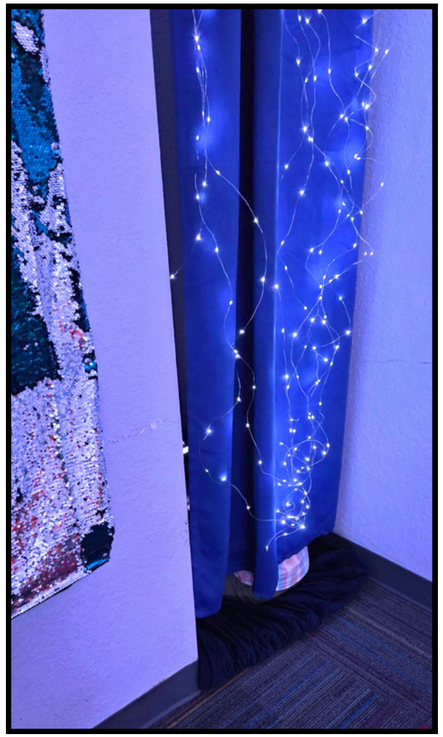
Swing

Provides rhythmic, organized sensory input to the brain, which can help calm the nervous system, improve balance and coordination, reduce anxiety, and enhance focus and body awareness. The gentle back-and-forth motion activates the vestibular system, which processes balance and movement, helping children to better understand their position in space and regulate sensory information.



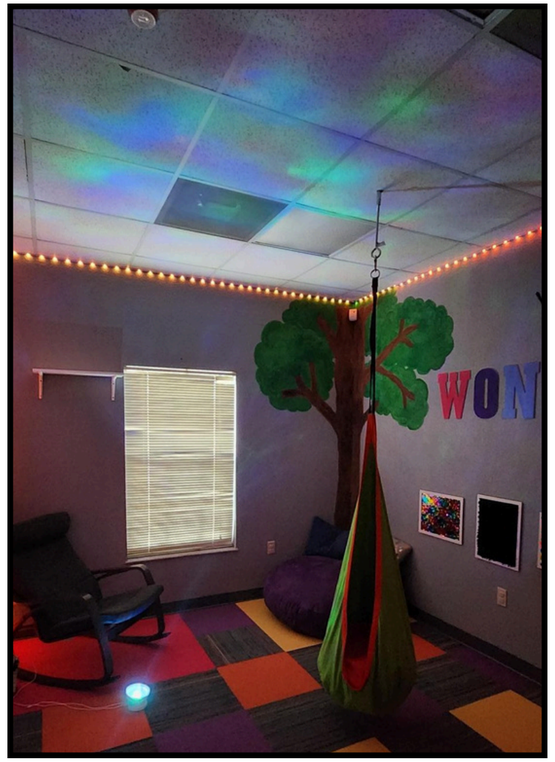
Sensory Wall

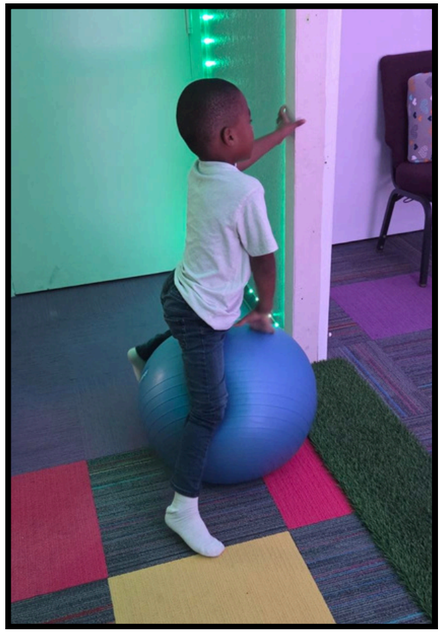
Regulates sensory input, reduce anxiety, improve focus, and develop fine motor skills by engaging their sense of touch, sight, and sound through various textures, colors, and interactive elements.



Calming Corner w/Sensory/Twinkle Lights

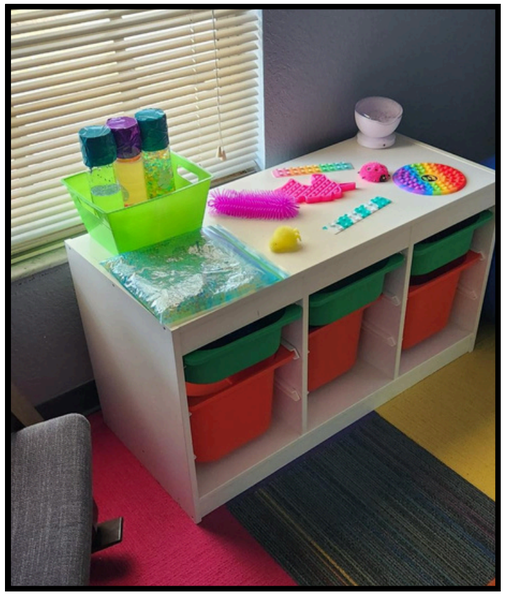
Twinkle lights and other sensory lights can benefit people with autism by creating a calming environment, reducing anxiety, and improving focus through gentle visual stimulation.





Yoga Ball

Offers sensory input, promote motor skill development and emotional regulation, and provide a way to release energy for individuals with autism. The balls provide beneficial proprioceptive, vestibular, and tactile stimulation, helping with sensory processing challenges.



Fidgets

Provides sensory input to aid in self-regulation, reducing anxiety, and improving focus and attention on tasks. They offer a constructive outlet for sensory-seeking behaviors, provide a way to channel energy, and can help individuals find a balance between boredom and sensory overload.



TV Monitor

Offers livestream connection to view service for those parents or caregivers in the sensory room during services.

Additional items not seen in pictures:

Weighted Blanket: Helps calm the nervous system through deep pressure stimulation, which can reduce anxiety and improve sleep by mimicking a hug.

Mini Trampoline: Offers sensory input, improving balance and coordination, enhancing body awareness, promoting emotional regulation, and boosting overall fitness. The rhythmic up-and-down motion engages the vestibular and proprioceptive systems, which helps process sensations, while the physical activity can release endorphins and reduce stress.

Mirrors: Provides sensory input, improving balance and coordination, enhancing body awareness, promoting emotional regulation, and boosting overall fitness. The rhythmic up-and-down motion engages the vestibular and proprioceptive systems, which helps process sensations, while the physical activity can release endorphins and reduce stress.

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Feel free to contact me with additional questions

