Sensory Room Volunteer Training Guide

Presenter:



The Vital Role of Volunteers

Volunteers are essential in creating a **safe and supportive** environment for children. Their presence helps ease sensory challenges, allowing kids to feel secure and accepted during church activities.



Understanding Sensory Processing

Sensory processing refers to how the brain interprets sensory information. For many children, overwhelming stimuli like noise or textures can lead to stress, necessitating supportive environments like sensory rooms for regulation.



Recognizing Sensory Overload

- Covering ears or eyes to block out stimuli
- Rocking or repetitive movements indicating stress response
- Pacing or crying as signs of frustration or discomfort
- Shutting down or becoming very quiet
- Difficulty focusing on instructions
- Attempting to leave room; eloping



Responding to Sensory Overload

- Remain calm and speak gently to the child
- Reduce stimulation: lower noise and dim lights
- Offer to guide the child to the sensory area
- Stay with child and provide support



Guiding Children with Sensory Tools

- Fidget toys provide gentle manipulation for focus.
- Weighted blankets offer deep pressure, ensuring supervised use.
- Bean bag chairs create a comfortable and secure seating option.
- Noise-canceling headphones reduce sound
- Sensory swings provide vestibular input



Maintaining a Calm Environment

- Speak softly to create a soothing atmosphere.
- Limit loud or sudden noises to reduce anxiety.
- Manage child numbers to ensure individual attention.
- Ensure equipment is used properly.



Supporting Successful Transitions Back to Class

To help children reengage, **gently ask if they feel ready** to return, walk together to class, and inform the teacher of their return, emphasizing regulation rather than removal from learning.



Embracing a Supportive Mindset

Volunteers must approach their role with **patience, compassion**, and understanding. Recognizing that challenges are **neurological**, not behavioral, fosters a calm, empathetic presence that encourages children to feel safe and supported.



Summary of Key Points

- Understand the **vital role** volunteers play in support
- Recognize and respond to **signs of sensory overload**
- Guide children in using **tools and resources effectively**



Resources for Volunteers

For further support, please contact the sensory ministry leader. Explore additional resources to deepen your understanding and enhance your effectiveness in supporting children through sensory-aware ministry.





Thank You

Your commitment makes a difference!