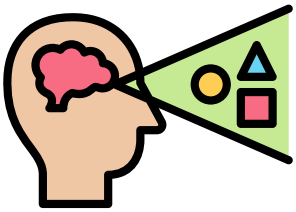
Considering the Senses When Creating a Sensory Room

By: Sophia Gordon

1



Sight (Visual)

- Use soft, dimmable lighting and cover harsh fluorescent lights when possible
- Avoid strobe lights or flashing lights as they can trigger migraines or seizures
- For a child with sensory issues, less is more. Provide some white space on the walls for students to rest their eyes

2



Smell (Olfactory)

- Keep scents as neutral as possible. Use lite, calming scents such as lavender or chamomile
- Be mindful that some kids may be allergic or react strongly to certain scents

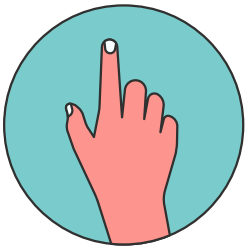
3



Hearing (Auditory)

- Use noise cancelling headphones or earplugs to help relieve sensory overload
- If using alarms or timers, avoid using startling or sudden sounds
- Use a sound machine to provide calming sounds or white noise

4



Touch (Tactile)

- Use sensory toys (fidgets) that have a variety of textures (i.e. hard, soft, etc.)
- Weighted blankets or vests provide deep pressure and help provide a calming sensation

5



Vestibular (Balance) & Proprioception (Movement)

- Swinging, rocking, bouncing, jumping, etc. help with vestibular input
- Dancing, jumping into a ball pit, crawling, or doing push-ups help with proprioceptive input

For ideas on items to include in your sensory room, check out the **ABLE Sensory Resource** list on Amazon. Facebook Marketplace is also a great source for low cost sensory items.

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