

### What is a light sensory room?

A sensory room is a quiet space dedicated to stimulating, developing and relaxing the senses. Unlike a school classroom, where children are usually expected to watch and listen to the teacher, a sensory room allows pupils the freedom and autonomy to explore the environment for themselves, in their own time, using all of their senses. The décor of a sensory room might include low lighting and adjustable lighting projections, fibre optics, mirrors and bubble tubes. It will typically contain a choice of comfortable places to sit, a variety of interesting objects to examine, and it might also feature sounds and soft music.

### What are the benefits of a sensory room?

- They provide a therapeutic environment for children with autism and other special educational needs
- The sensory room can act as a calming space for pupils experiencing emotional or behavioural difficulties
- Sensory rooms can help children learn to manage their emotions in a controlled environment, without feeling they are being isolated or punished
- Sensory rooms are also an ideal location for ELSA sessions and for therapy and counselling.

Ideally use the room on a 1:1 basis.



Do not force any sensory input

# Light Sensory Room

### Who with?

- Children with Autism, learning difficulties, Social Emotional Mental Health (SEMH)
- Dealing with behavioural issues can be a challenge, but sensory rooms in schools are an effective and chilled-out way to work with children on regulating their behaviour. The calming environment allows pupils to work through any difficult emotions in a safe and supportive space, together with a member of staff. Handling behavioural issues in this way improves focus in the classroom, which has a knock-on effect on the rest of the school population.
- Schools don't have to wait until behaviour is a problem before resorting to the sensory room, of course. The sensory room can be a place with positive associations that is available for use by all pupils, whether they're developing their skills or simply seeking a place to chill. A sensory environment is also the ideal place to provide emotional support to the whole school population and help young people to develop their emotional intelligence, perhaps in timetabled ELSA sessions.

Stay in the light room for a maximum of 30 minutes

Work on 1-2 senses at a time; for example, soothing music while feeling different textures. Do not overload with too much stimuli.

Be sure to include as many sensory experiences as possible.



Use the light sensory room as scheduled therapy at timetabled intervals.

Pay attention to your child's reaction to various stimuli. Give him more of what he is seeking, the best input to calm or stimulate. Watch for signs of over stimulation/over arousal/extreme fears.

