

# PLAN AND DEVELOP A SENSORY ROOM



Project **1.27**

Fostering and Adopting in Faith

# PLAN AND DEVELOP A SENSORY ROOM

Some foster and adoptive families have a difficult time attending church services and programs. The foster child in their home may have experienced trauma, grief and loss exhibited in behaviors that are difficult to manage. Having a place the child can have his needs met in a safe and structured environment, gives the parents an opportunity to attend and participate in worship services.

A Sensory Room is a specially designed room which combines a range of stimuli to help individuals develop and engage their senses. It provides opportunities for engagement in prevention and crisis de-escalation strategies. The sensory room promotes self-care/self-nurturance, resilience and recovery. It can include lights, colors, sounds, soft play objects and aromas all within a safe environment that allows the person using it to explore and interact without risk. It's a place where children can come in, refocus and calm when everywhere outside is over-stimulating. You don't have to spend a lot of money to get started. Putting down carpet, painting the walls a calming color, and putting light fabric over the lights creates a space where children will feel a change when they walk into the room. The room can include a TV that streams a live feed of the worship service.

## NEEDS FOR EVERY SENSORY ROOM

- Cozy corner: place a large pillow or beanbag in the corner with string lights, [noise-canceling headphones](#), books, and squeeze toys, maybe even a [sensory bubble lamp](#)
- [Play hut tent](#)
- [Weighted blanket or neck roll](#)
- [Teeter seat](#)
- [Hammock swing](#): Perfect for sensory input because it is enclosed and squishes you.

## MOBILE SENSORY

If you only have a small space to work with or it is a shared space, you can create mobile sensory activities. Group your sensory items into categories and place them in individual bins that can be brought out as needed. You can use plastic dishwashing containers or storage bins.

- [Sensory reset totes for multiple ages](#)

# PLAN AND DEVELOP A SENSORY ROOM

## ADDITIONAL ITEMS YOU CAN INCLUDE IN YOUR SENSORY ROOM

- Mirror walls
- Different sized textured balls
- Treasure baskets containing natural and shiny objects
- Textured story books
- A low table and a shallow storage container can serve as a sensory bin anytime – it lets you rotate different textures
- Putty and Play-Doh help develop the intrinsic muscles of the hand, and carryover to fine motor skills

## HERE ARE SOME ADDITIONAL SITES WITH IDEAS TO HELP YOU GET YOU STARTED

- [DIY Sensory Rooms](#)
- [Creating a sensory room on a budget](#)
- [Special Needs Ministry](#)
- [Learning about sensory needs](#)
- Shop Here: [Autism Community Store](#)