

Home Sensory Corner

An enclosed safe 'escape' or 'down time' space in the home.

What is it for:

- To support your child to calm through a low energy environment.
- Children who have tactile, auditory or visual sensitivity can find the 'hustle and bustle' of a home environment overwhelming,
- Having some time in reduced stimulus area can allow the sensory needs to 'reset' and then return to the family routine.

You may use a sensory corner when your child shows signs of sensory over-arousal, such as holding hands over their ears, or making loud repeated noises. Sit with them and give them time to relax.





How to Make a Sensory Corner:

This can be very simple, the most important part is it is enclosed as a separate space. Add items that your child enjoys. It can be a simple box or tent that can be packed away at the end of play.

An Enclosed Space

This could be a cardboard box, a sheet draped over a table or chair, a small tent, curtains hanging from a ceiling hook or top of a door frame.



<p>Deep pressure input</p>	<p>Body sock, bean bags (large, small), cushions, soft carpet or blanket, weighted blankets, weighted soft toys.</p> 
<p>Reduced sound</p>	<p>Ear defenders, blankets to hide under, soft gentle music playing on iPad or speaker e.g. nature sounds, white noise etc.</p> 
<p>Focused Touch toys</p>	<p>Playdough, theraputty with beads hidden inside, spinner toys, (soft cushions/blanket/fidgets/ playdough/flour/rice in a balloon without air, as a squeeze ball. Lego, puzzles.</p> 
<p>Focused Visual Toys</p>	<p>Light up toys focus calming visual input (picture book/glitter jar.</p> 
<p>Breathing Toys</p>	<p>Bubbles, cotton wool balls to blow tied on a string or windmill toys.</p> 