



## How to Plan Your Sensory Room

Sensory spaces are increasingly popular— at home, in school and in community spaces. Perhaps you've even seen them on social media. Who wouldn't love a gorgeous room full of equipment that will help keep you calm and focused? But when it comes to actually creating that perfect sensory space, the process can become overwhelming.

Successful sensory spaces are the product of multiple perspectives, including those of an occupational therapist, an educator and a designer. We've gathered the top questions that our team works through with you as we design your dream space.

**Not sure what to answer? Our team is here for you! By combining your insights about your goals and our team's expertise, we can design a sensory space that is perfect for your child's needs.**

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# It's All About Your Point of View...

## As an Educator

- What are the rules of the sensory room?
- How will kids be taught the rules of using the sensory room?
- Who will supervise the kids using the room?
- Who is responsible for arranging use of the room, if not in a home setting?
- How will we measure the room's effectiveness?

## As an Occupational Therapist

- Will it be an action, calming or hybrid room?
- How old are those using the room? Are all the items age-appropriate?
- What are users' specific needs?
- Will there be an OT present with the child?
- How will we transition from one piece of equipment to another? Into and out of the room?

## As a Designer

- What space is available– full room, hallway, corner?
- How big is the available space? Are there any constraints (e.g. low ceilings, support beams)? Consider the lighting and flooring!
- How can we maximize the client's budget?
- How many people will use the room at a time?
- Has the room design fulfilled its purpose?

