

Home Sensory Corner



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

What is it for:

- To offer your child an opportunity to use a space, that can support your child to calm through a low stimulus, simple sensory environment.
- Children who have touch, sound or looking sensory 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 offer your child to use the sensory corner when they show signs of sensory over-arousal, such as holding hands over their ears, or making loud repeated noises. You could sit calmly with them and give them time to relax. This is a space to feel calm.

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, 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. Be careful to only use ear defender muff rarely and try to avoid as they can increase sensitivity.</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> 