

## Sensory Areas

Create a sensory area for the different children in your setting to help them unwind away from the main activities.

### Learning aims

- Develop the senses
- Support well-being
- Learn to monitor own feelings and behaviours.

### Resources

- Soft furnishings such as cushions and blankets
- Sensory lights such as rope lights or fairy lights
- Sensory toys such as textured toys, fabric, wooden materials etc.
- Darkened area or quiet area
- Soft music.



### Activity Outline

- It is important for children to have an area they can retreat to if they need some downtime or timeout from the activities in the main areas
- It is especially important for those with sensory processing disorder to have an area with reduced sensory aspects such as dimmed lighting and calm music
- When you create your own sensory area it is important to view it from a child's perspective. How does it feel? Is it bright or calm? Is it quiet or relaxing?
- Also, consider smells. For those with sensory processing, disorder smells can be very overwhelming. Consider whether there are any strong smells that might affect the children
- Once you have set up the area, evaluate how well it is being used. Does it need developing or tweaking further? Are the children who need the calm area accessing it, and if not, why?

### Extending the activity

- Extend sensory activities into your main provision
- Offer opportunities to explore the senses through play. For example, adding different materials to playdough to make it textured or scented, or having an activity that requires children to use their senses such as a sound box or sensory bag exploration.