

## Create a Sensory Area

A sensory area or room can be a safe place for children to:

- explore using their senses
- manage emotions and moods
- relax and calm
- have enjoyment and pleasure

### Strategies / Interventions:

- Create a sensory area in the corner of a room.
- Use drapes, shower curtains, tents/pop up tents, bath mats, baskets or a bed canopy and put UV/fairy lights underneath.
- Use cushions, rugs, and bean bags.

### Resources:

- bubble tubes, glitter ball and fibre optic lights
- mats, bean bags and star blankets
- projectors, lasers and waves
- UV multi-coloured star board
- material and treasure baskets
- instruments, calming music
- foot spa, aroma diffuser and massage mats
- weighted blankets and den areas

**Consider using sensory resources in all areas of your provision, such as:**

- music, instruments and role play (e.g. dressing-up, feather dusters)
- natural resources (e.g. soil, compost, grass)
- craft resources (e.g. pom pom, tissue paper, cellophane, pipe cleaners, sweetie wrappers, newspaper, junk modelling, bubble wrap, sequins, buttons, googly eyes, glitter, pretend snow, shaving foam, Play Dough)
- foods with different textures (e.g. beans, spaghetti, marmalade, custard, pasta).

*\*See also Useful Tips 'Sensory Processing', 'Sensory Profile', 'Sensory Audit' and 'Sensory Play'.*



### Parent partnership – Try this at home:

- Make [sensory bottles](#).



- Make a small den using a large box, or put a cloth over a table.
- Make a [calm down box](#) or basket.



**Links to EYFS:** CLL, PD, PSED, LIT, MATHS, KUW, EAD

**Links to SEND Code of Practice:** C&L, C&I, SEMH, P&S