

10 Tips Checklist

for Creating a Calming Sensory Space



1 Identify the Space

- Choose an area in a quieter room, corner, or space with minimal foot traffic. A study room perhaps?
- Our zen zone blackout tent is an essential tool for chilling and calming down- if that spins their wheels!
- Fit out your area with comfy cushions, weighted blanket and LED lighting. Draw the curtains, to make it a low key vibe.
- zen zone tents are great because they're portable! take them when away on holiday! Or try our My space bed tent if theres not much room!



MY SPACE 



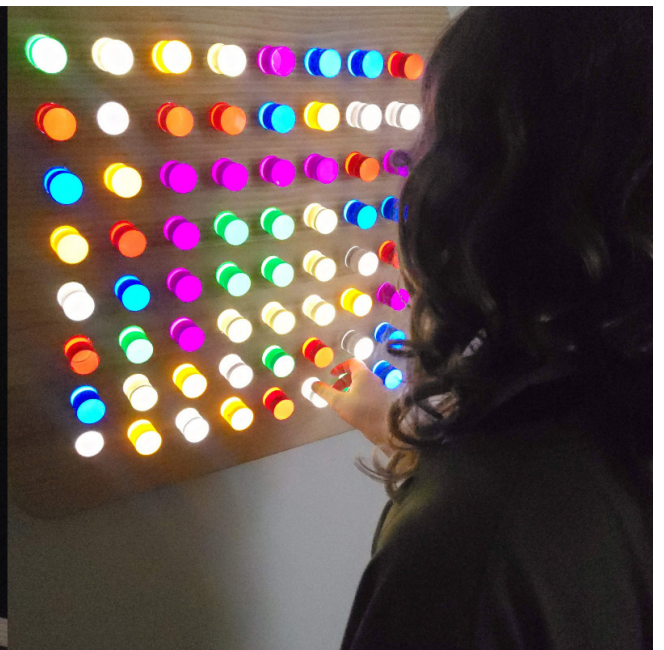
BED TENT

2 Personalise with your comforting favourite things!

- Fit in one of our crash pads, bean bag or our portable inflatable Hug Boats, for comfort and deep pressure touch! Their fav weighted toy- fearless the dragon, is so popular! Throw in a Senior fidget kit for fun filled self regulation.

3 Sensory Considerations- Sound, Lighting, temperature

- Does your child like the low key lights and movements from a LED bubble tube? Or the glow of an LED Sensory wall? Or do they prefer natural light?- whatever works to create that relaxing, safe and snug environment they love.



- If you can't get a quiet space, play soft music, use noise cancelling headphones or Shh muffs. The ambient hum of a bubble tube helps block external noise too!
- Does your child like hot medium or cool temps? Bring a portable fan, or heater to suit. - Weighted Blankets are great for snuggly warmth, and our bamboo covered blankets have that summer cool...

4 Sensory resources & Toys

- Away from home on holiday? Take a travel kit of fav sensory toys and tools! Portable Lap Pad, weighted toys, infinity cubes, squish giant stress balls- plenty to choose on our store! Junior and Senior Fidget kits for 'on the go' fidget resources.
- Staycation? Pimp your Sensory Space with a Sensory pegboard wall- Pegs and shelves to hang Shh muffs favourite fidgets and weighted toys- Easily reachable and easy to tidy when done!
- A small picnic of snacks and water goes well in a safe space too.



5 Calming Visuals

- Hang string lights, and calming decorations- tinsel isn't just for Christmas trees! Our LED light walls give an amazing interactive sensory space

6 Monitor and Check in

- Check in regularly to gauge their comfort and well being.
- Be prepared to provide support and help make the room 'just right' for them. It can be a fun interactive process for both of you!

7 Exit Strategy

- Make sure your child can exit if they want to, or get help if they're overwhelmed.

8 Educate family and friends

- A safe space needs to be respected to be effective. Inform family and friends about the purpose of the safe space- and get their understanding and support.
- You may need to instruct others to get permission to enter the safe space.

9 Practice your Safe Space at home

- Familiarise your child with a safe space by setting up a similar area at home first. This will help them feel more comfortable using it during holiday gatherings. A familiar routine is your friend!

10 Holiday Schedule

- Include planned breaks in your child's schedule to visit the safe space proactively before they become overwhelmed. Better to be proactive than reactive!