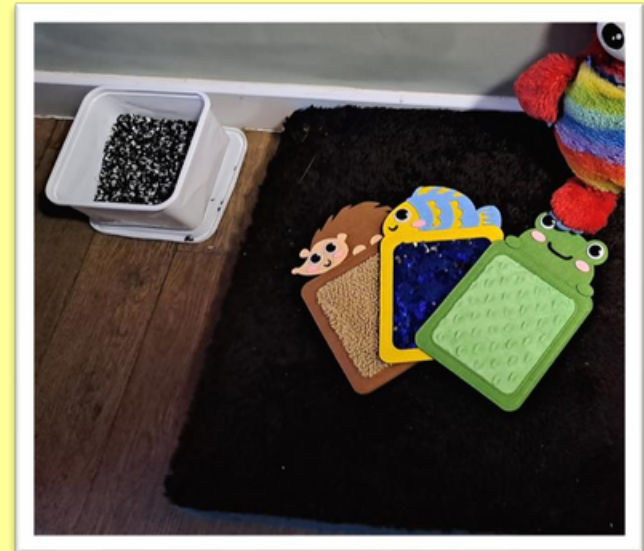
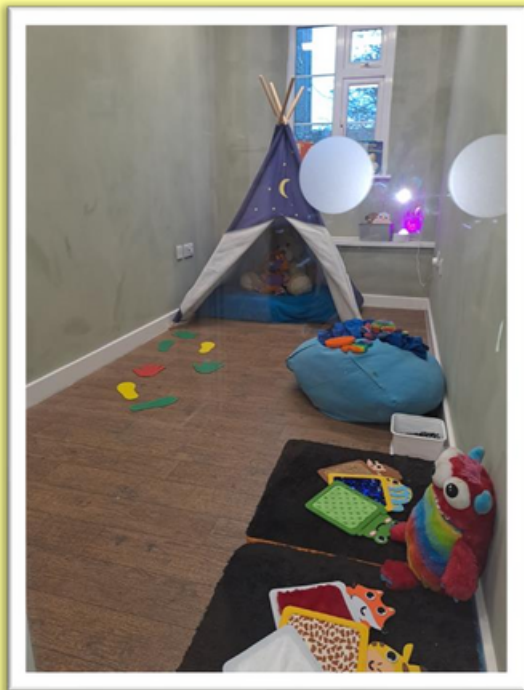


The Sensory Room

We are very lucky because in our school we have a very special room that we can use for relaxation.

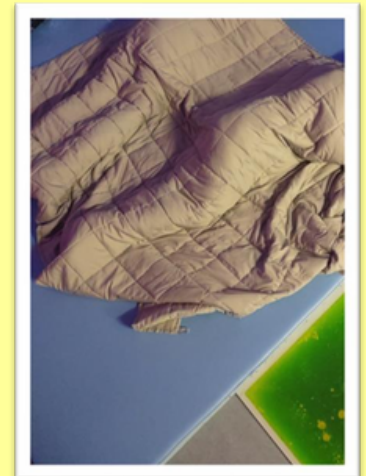
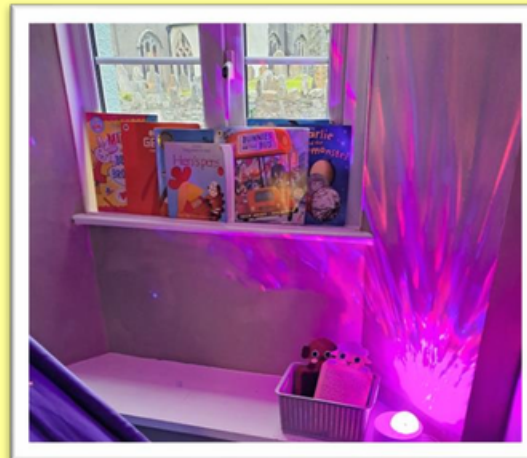
This room is called the Sensory Room. The reason we use the Sensory Room is to help us calm, explore our senses and to be ready to learn.



In the sensory room, I can do the following:



- Look at the lights
- Lie on a bean-bag
- Go in the tee-pee
- Stretch in the body sock
- Listen to some relaxing music
- Play gently with the sensory toys
- Read by myself or with a grown-up

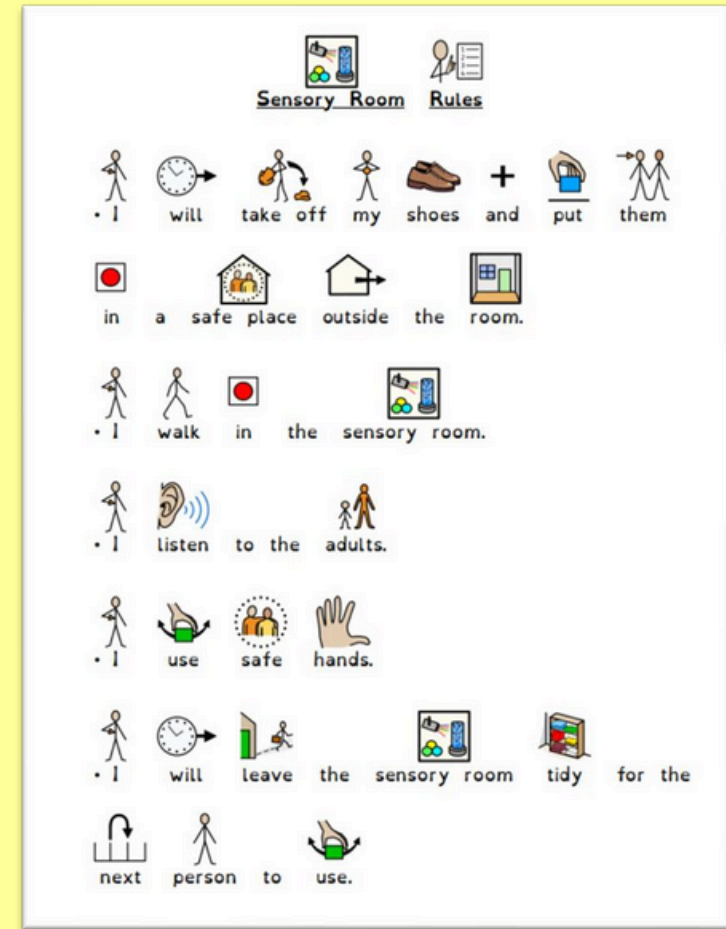


Sensory Room Rules



There are some rules for using the Sensory Room.

- The rules are important to keep us safe and to make sure that the Sensory Room helps us to be calm.
- The rules also mean that other children can use the Sensory Room to help them to be calm too.



We use the equipment carefully and gently. If we are rough with the equipment, or if we throw things, they can get broken and people can get hurt. If the Sensory Room gets damaged, we won't be able to enjoy it.

When I follow the rules for the Sensory Room, it will be a calming space that I get to chill out in and have some relaxing time throughout the school day.

This will help to keep me calm, happy and ready to learn at school.

How am I feeling?

5		Explode I feel angry and I'm not sure how to calm down. I need an adult to help me.
4		Rumbling I feel like I am starting to lose control. I may need space and some support.
3		Bubbly I am feeling frustrated or some thing is worrying me. I may need a break to calm myself.
2		OK I know something is not right but I know what I need to do.
1		Happy I feel good about myself and what is going on around me.

