



A '**Sensory Corner**' is a space which allows students to use tools to calm & regulate their senses & emotions. Think about the senses that are used most in the academic setting - *sight, hearing, touch (feeling)*.



Try to have something to calm or regulate each of these senses:

 Sight: LED net-lighting or lava lamps. Sand timer or 'calm down jar'.

 Hearing: headphones to block out noise, or earbuds with relaxing nature sounds.

 Touch (feeling): Stress ball to squeeze. Fidget spinner. Something to hold & fiddle with that is not loud or distracting to the learning process.

Other calming items: Sand bags to place on lap. Heavy blanket to place over shoulders and/or torso. Rocking chair or exercise ball.

Added bonus: A few favorite Books.



Make your own sensory balloons.



Get creative!! You know your kiddos best! Maybe a cute stuffed animal for the younger students or some 'zen coloring pages' with colored pencils for the older students.

Keep it simple!! It is perfectly fine to start with a chair or cushion and a book or coloring pages. You can always add on as you see necessary based upon the needs of your students.

You can create the space and even some of the 'tools' together. Set clear expectations for the space & choose a name. Examples: Chill Spot, Alaska, Calm Down Corner, etc.

<https://www.teachstarter.com/blog/self-regulating-emotions-chill-corner-classroom/>



