Neurodiversity Placemaking DIY Sensory Room

⌄ Creating a Sensory Room

A SENSORY ROOM is an environment created specifically with the intention of facilitating Neurodiversity Accessibility.

A **Sensory Room** is a private room set up to minimise overwhelming sensory stimuli. Public spaces are often filled with bright lights, loud sounds, and a cacophony of smells, physical sensations, and social pressures. Sensory Rooms offer a soothing escape from these overstimulating public spaces. An existing classroom, office, or other small space can become a sensory room with just a few minor changes!

Sensory Room Plan

Lighting

Aim for soothing atmosphere

Avoid
- Overhead lighting
- Fluorescent Lighting
- White light bulbs

Use:
- Window lighting
- Floor or Table Lamps
- Yellow / Warm light bulbs

Sound

A quiet environment with as little noise as possible is best

Don't Use
- A noisy setting
- Loud conversations
- Music
- Noisy activities
- White light bulbs

Do Use:
- A quiet room
- Quiet conversations
- Provide earplugs
- Quiet places to relax (i.e. beanbags)

Smell

Avoid scents that can trigger headaches, nausea and discomfort

Avoid
- Perfumes, scented deodorants, etc.
- Food in the room
- Near high-scent areas (i.e. cafes

Use:
- A sign on the door requesting that no scents are worn in
- Signs throughout requesting no food

Culture

Offer options for self-soothing and positive sensory activities

Avoid
- A sterile look
- Limited privacy [i.e. all glass walls]
- Negative symbols and languages [see cultural sensitivity guidelines provided]

Use:
- Free fidget toys
- Colouring books
- Optional social colour coded stickers
- [Green = talkative / red = quit time]

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