

The Sensory Room

The sensory room would contain a wide variety of sensory stimulation such as an interactive sound wall, infinity tunnel, bubble tubes, full HD projector with a variety of animated projections and sounds, aromatherapy diffuser, sound activated lighting, and fully padded flooring.

The Sensory Room would foster an atmosphere of relaxation, which is good for children and adult's emotional health. It gives them a chance to explore their feelings and to become interested in their environment.

This calming environment is also a place for parents/carers to bond with their children, providing a restful and peaceful experience in today's busy and sometimes stressful lifestyles.

A facility such as this has many benefits for children and adults with special needs as it creates a stimulating and yet calming atmosphere and among other things can help to improve hand-eye co-ordination and develop language skills. The overactive child can be calmed and the inactive become interested.

All young children can benefit from using a sensory room to develop fundamental sensory skills needed in later life. Sensory rooms are particularly useful for children with disabilities and have been proven to be extremely valuable to people with autism.

Benefits:

- Supports the development of communication
- Enhances sensory skills, hand-eye co-ordination and cause and effect response
- Assists the development of social and emotional skills
- Reduces tension and increase relaxation
- Provides fun and enjoyment
- Improves levels of concentration, alertness, calmness & general awareness

Further studies about the benefits of sensory rooms can be found here:

<http://www.especialneeds.com/what-are-the-benefits-of-a-multi-sensory-environment.html>

The room ideally would fit up to three children and two parents/carers (depending on disability requirements).