

# Creating a Sensory Space at Playgroup

A Sensory Space provides a safe, calming space where children can regulate sensory input and manage sensory sensitivities. It can help to reduce anxiety, overstimulation, and stress, promoting relaxation and participation at playgroup, and other settings. Sensory spaces can help support all children to feel safe, calm and included.

## Choosing the right space

Select a quieter, low-traffic area of your playgroup venue where distractions are minimised. If there is an area where the lights can be dimmed or turned off, even better!

## Creating the space

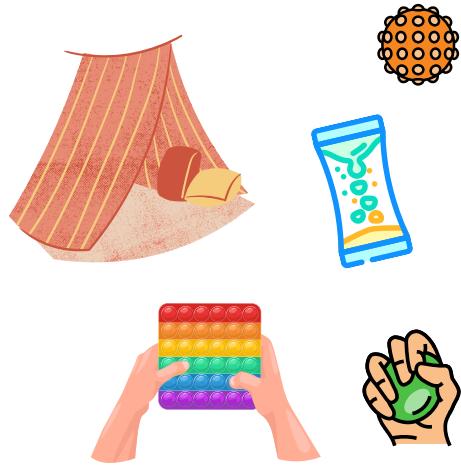
You don't need to spend a lot of money purchasing fancy resources, such as specific blackout sensory tents. You can purchase low-cost tents from shops like Kmart or Big W for a fraction of the cost. Better still, throw a blanket over a table to create a "fort-like" space at no cost at all!

## What to include in your Sensory Space?

**Lighting** – consider calming lighting, such as fairy lights, lava lamps, or galaxy lights.

**Seating** – provide comfortable seating options such as cushions or beanbags

**Toys/activities** – incorporate fidget toys, visual toys, and books. You can also make your own sensory toys such as glitter bottles or texture boards, which is a fun activity to do with the children at playgroup.



## Tips:

- Don't include too many toys as this can be overwhelming for those using the space. Less is more and if need be, you can add more resources as needed.
- Try limiting the number of children using the space at one time to avoid overstimulation or overwhelm.

**Optional:** Fill a doona cover with cushions/pillows/blankets to create a DIY sensory crash pad!