



Using The Sensory Room at Nell Gwynn Nursery



- Adults need to closely monitor children's responses when in the sensory room. Document any changes in behaviour. Modify use of sensory room as needed.
- The vestibular system is a very powerful system and one that needs to be monitored carefully. Be careful not to spin children or provide too much vibration. Monitor those that may have a fear reaction when their feet leave the ground [or avoid altogether until discussed with OT].
- Never force a child to participate. Grade the activity, by letting children watch or modifying the level of participation as needed.
- Encourage children to remove their shoes and socks before using the room. This will also encourage dressing skills as well as help with transitioning back to class.
- Time can be an abstract concept! Encourage children to help tidy up after the sessions. This will help with sequencing, transitions and provide them with additional proprioception input.
- Think about the number of children in the room at a time [MAXIMUM 5.] Allow for enough space for them to move safely. Consider how many adults need to be present as well.

