



MOBILE SENSORY ROOMS & CALMING KITS BEST PRACTICES FOR TR/RT

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SUNY CORTLAND AND THE INCLUSIVE RECREATION RESOURCE CENTER

LEARNING OUTCOMES

- Understand and practice the use of calming kits and quiet spaces
- Understand and practice the use of mobile sensory rooms
- Understand how to construct a calming kit and a mobile sensory room for your own facility



SESSION OUTLINE

Topic	Minutes
Introduction; overview of session	5
Overview of quiet space & calming kits and research supporting their use	5
Group exercise with calming kits and discussion	15
Overview of mobile sensory rooms and research supporting their use	10
Group exercise with mobile sensory rooms and discussion	25
How to construct calming kits and mobile sensory rooms for your own facility	5
Discussion and questions	10



DRAWING!

- Business card or slip of paper in hat to win calming kit at end of session!

QUIET SPACES AND CALMING KITS



- Rationale for quiet spaces
- Rationale for calming kits
- Positive behavioral supports
- Sensory integration
- Stress management



FORM SMALL GROUPS



QUIET SPACE



CHILL
OUT



deep breaths



It's my
alone time
to be calm

I return to
the group
as soon as
I'm ready

I use it
when I
really
need it

In the
**Zen
Zone**

I use the
kit items
the
correct
way

I clean up
before I'm
done

I respect
my
leader's
directions



relax



CALMING KITS

- Evidence-based practice
- Each item in handout with supporting evidence



CALMING KITS



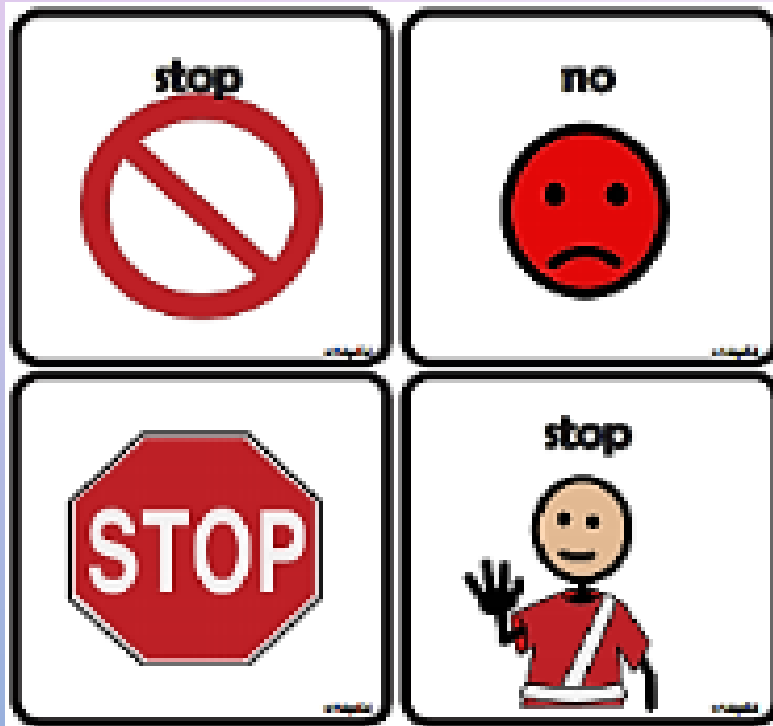
CALMING KITS



CALMING KITS



CALMING KITS



CALMING KITS



- Other ideas or suggestions?
- What do you use in practice?

MOBILE SENSORY ROOM



Inclusive Recreation Resource Center 2018



SENSORY ROOMS



- Rationale for sensory rooms
- Positive behavioral supports
 - "Interesting, the number of restraints in this facility has decreased 40% during the first year of this study" (Champagne, 2003)
- Sensory integration
- Stress management
 - "The participants used it both as a tool for when they're already feeling upset and as a preventative strategy when they felt there was a risk of increased stress and anxiety" (Bjorkdahl, 2016)

SENSORY ROOMS IN PRACTICE



- NWSRA:
- <https://spark.adobe.com/page/CZLX1MxBbKcUH/>
- NWSRA Video:
<https://youtu.be/SIAIwgyhh6A>

SENSORY ROOMS IN PRACTICE



- YMCA Indianapolis:
- https://www.fwymca.org/jackson_r_lehman_family_ymca.php
- Video:
- <https://youtu.be/XcQRyF7a1BE>

FORM SMALL GROUPS



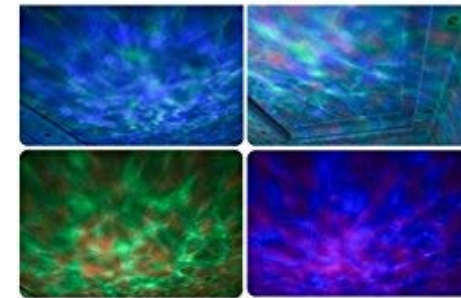
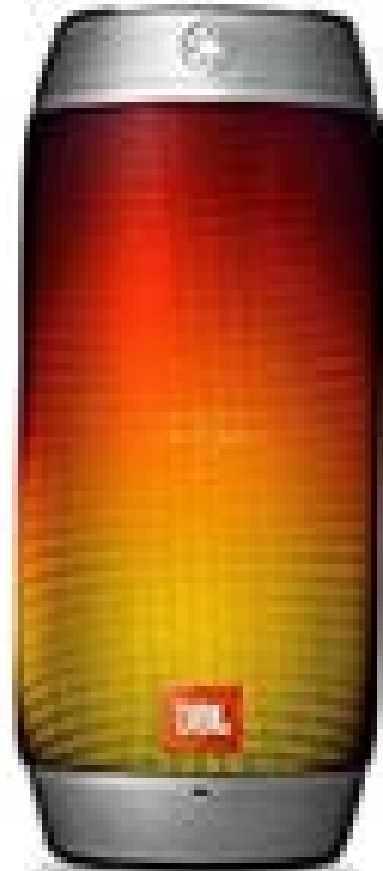
TOUCH



SIGHT



SOUND



SMELL



CALMING AND SENSORY VIDEOS

- Dory and Nemo: <https://youtu.be/MPov9cVfz0U>



- Northern Lights: <https://youtu.be/NZlfxWMr7nc>



SENSORY ROOMS

Create Your Own Sensory Space!

A Sensory Space can open up a whole new world for individuals with physical or cognitive impairments. Schools and centers that work with these individuals can provide great therapeutic benefits to all of their students and clients by offering them a multi-sensory experience.

Enabling Devices provides Free Quotes, Design Services, and Fundraising Ideas

No space or budget is too large or too small!

GET STARTED TODAY! [Click Here](#) for our free 2018 Design Questionnaire

[Click Here](#) for our free 12-Page Fundraising Ideas Brochure

The following video gives you an overview of what a Sensory Space can offer:



RESOURCES AND WEBSITES

Enabling Devices

enablingdevices.com

VIDEO



- Enabling Devices:

<https://youtu.be/OqUuk2ywkfl>

RESOURCES AND WEBSITES

SNOEZELEN® MULTI-SENSORY ENVIRONMENTS (MSE)



The advertisement features a background image of a Snoezelen room with colorful lights and sensory equipment. On the left, a blue box contains the Snoezelen logo and the text "Multi-Sensory Environments". A red circle in the center contains the slogan "If you can dream it, we can design it!". To the right, text asks "HAVE A QUESTION? WE HAVE HOW TO VIDEOS" with a play button icon. Below this, a red button says "A FREE SERVICE" and text offers "LET US DESIGN A SNOEZELEN ROOM FOR YOU". At the bottom right, a yellow button says "FIND OUT NOW". At the bottom left, a blue button says "CLICK FOR MORE INFORMATION".

snoezelen[®]
Multi-Sensory Environments

If you can dream it, we can design it![™]

HAVE A QUESTION?
WE HAVE
HOW TO VIDEOS ▶

A FREE SERVICE

LET US DESIGN A
SNOEZELEN ROOM FOR YOU

FIND OUT NOW ▶

CLICK FOR MORE INFORMATION ▶

EXPLORE AND LEARN MORE
FLAGHOUSE SENSORY SPACES AND SNOEZELEN MSEs ▶



- FlagHouse:
- <https://www.flaghouse.com/Sensory-Solutions/Snoezelen-MSE/>

INCLUSIVE RECREATION RESOURCE CENTER APP

- Inclusion Toolkit





Welcome to the Inclusion Toolkit!

We have many different resources to help you promote recreation inclusion for people of all abilities.

You can also add your own resources (e.g., information, images, web links, videos) in the categories below and even create your own categories. Use this toolkit in a way that best helps you promote inclusive recreation.

To begin, select a category. To create your own resources and categories, create a free account with a user name and password.

[hide intro](#) ^



physical accessibility



recreation-specific
physical accessibility



staff training



policies & procedures



marketing



communication



registration ideas



adapted equipment



activity adaptations



assistive technology



positive behavioral
supports



sensory ideas



calming ideas



quiet space ideas



other



all notes

INCLUSION AMBASSADOR TRAINING



- SIX UNITS
- 3 HOURS
- EXPERIENTIAL ACTIVITIES
POSTED TO SOCIAL MEDIA
- BADGES



Certificate of Completion

Awarded to

Sam Student

April 03, 2018

In recognition of completion of

Inclusion Ambassador Training

3 contact hours

Report Card

Unit 1 Quiz	Unit 2 Quiz	Unit 3 Quiz	Unit 4 Quiz	Unit 5 Quiz	Final Exam
100%	100%	100%	100%	100%	100%



You have completed this course!

View Certificate

View CIA Card

Invite to Inclusion Ambassador Training

0%

Unit #1: Introduction

Unit #2: What is Inclusion?

Unit #3: What Do I Need to Know about Disability?

Unit #4: Introduction to the Inclusivity Assessment Tool

Unit #5: What is Physical Inclusion?

Unit #6: What is Administrative Inclusion?

Unit #7: What is Programmatic Inclusion?

Unit #8: Partnerships

Unit #9: Wrapping Up the Inclusivity Assessment Tool

Unit #10: Final Exam

INCLUSION U ONLINE

- Group Rate



Certificate of Completion

Awarded to

Lynn Student

August 30, 2015

In recognition of completion of

Inclusion U

10.0 contact hours

Report Card

Module 1 Quiz	Module 2 Quiz	Module 3 Quiz	Module 4 Quiz	Module 5 Quiz	Module 6 Quiz	Module 7 Quiz	Module 8 Quiz	Module 9 Quiz	Final Exam
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

CONTACT US!



- Website:

- www.inclusiverec.org

- Email:

- inclusiverec@cortland.edu

QUESTIONS

- Questions
- Discussion
- Drawing for calming kit!

