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

DR. LYNN ANDERSON, CTRS, CPRP AND GEOFF PEPPEL, CTRS
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

<table>
<thead>
<tr>
<th>Topic</th>
<th>Minutes</th>
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<tr>
<td>Introduction; overview of session</td>
<td>5</td>
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<tr>
<td>Overview of quiet space &amp; calming kits and research supporting their use</td>
<td>5</td>
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<tr>
<td>Group exercise with calming kits and discussion</td>
<td>15</td>
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<tr>
<td>Overview of mobile sensory rooms and research supporting their use</td>
<td>10</td>
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<tr>
<td>Group exercise with mobile sensory rooms and discussion</td>
<td>25</td>
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<tr>
<td>How to construct calming kits and mobile sensory rooms for your own facility</td>
<td>5</td>
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<tr>
<td>Discussion and questions</td>
<td>10</td>
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</table>
• 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

Inclusive Recreation Resource Center 2018
FORM SMALL GROUPS
QUIET SPACE

Inclusive Recreation Resource Center 2018

CHILL OUT

I return to the group as soon as I'm ready
I use the kit items the correct way
I respect my leader's directions
I use it when I really need it
I clean up before I'm done
It's my alone time to be calm

In the Zen Zone

relax

deep breaths
In the Zen Zone

- I return to the group as soon as I’m ready
- I use the kit items the correct way
- I respect my leader’s directions
- It’s my alone time to be calm
- I use it when I really need it
- I clean up before I’m done

deep breaths

relax
CALMING KITS

- Evidence-based practice

- Each item in handout with supporting evidence
CALMING KITS
CALMING KITS

Inclusive Recreation Resource Center 2018
CALMING KITS

• Other ideas or suggestions?

• What do you use in practice?
MOBILE SENSORY ROOM
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
SOUND
SMELL
CALMING AND SENSORY VIDEOS

- Dory and Nemo: [https://youtu.be/MPov9cVfz0U](https://youtu.be/MPov9cVfz0U)
- Northern Lights: [https://youtu.be/NZlfxWMr7nc](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.

Enabling Devices
enablingdevices.com
VIDEO

• Enabling Devices:
  https://youtu.be/OqUuk2ywlfI
RESOURCES AND WEBSITES

• 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.

- 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

Inclusive Recreation Resource Center 2018
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

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<tr>
<th>Unit 1 Quiz</th>
<th>Unit 2 Quiz</th>
<th>Unit 3 Quiz</th>
<th>Unit 4 Quiz</th>
<th>Unit 5 Quiz</th>
<th>Final Exam</th>
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<td>Unit #1</td>
<td>Introduction</td>
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<td>Unit #2</td>
<td>What is Inclusion?</td>
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<td>Unit #3</td>
<td>What Do I Need to Know about Disability?</td>
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<td>Introduction to the Inclusivity Assessment Tool</td>
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<td>What is Administrative Inclusion?</td>
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<td>What is Programmatic Inclusion?</td>
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<td>Partnerships</td>
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<td>Wrapping Up the Inclusivity Assessment Tool</td>
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**Group Rate**
CONTACT US!

• Website:
  • www.inclusiverec.org

• Email:
  • inclusiverec@cortland.edu
QUESTIONS

• Questions
• Discussion
• Drawing for calming kit!