

SENSORY

Sensory Room Planning Checklist

Print this before buying anything. Profile first, products second.

Profile first — never shop first

Answer these before you spend a pound. Buying for the wrong profile is the most common mistake.

- ☐ Is my child mainly sensory-seeking, sensory-avoiding, or mixed?
- ☐ Which sense is the strongest driver — sound, light, touch, movement?
- ☐ When are they most regulated in the day?
- ☐ What single change would have helped today?
- ☐ What space do I actually have to work with?

Lighting (highest impact, lowest cost)

- ☐ Replace cold overhead with one warm dimmable lamp
- ☐ Consider blackout blinds for the window
- ☐ Add a low floor lamp for evenings
- ☐ Remove any flickering or buzzing bulbs

Sound

- ☐ Identify the worst recurring sounds in the home
- ☐ Add soft furnishings to absorb noise
- ☐ Consider white noise to mask unpredictable sound
- ☐ Ear defenders available in the regulating zone

Texture & furniture

- ☐ One soft enclosed retreat (tent, canopy, beanbag)
- ☐ Weighted blanket / lap pad if appropriate (check OT for under-5s)
- ☐ Tactile cushions or rug in the chosen colour family
- ☐ Storage that hides clutter — visual noise counts

Movement

- Indoor space for safe big movement (jump, crash, swing)
- Mini trampoline / crash pad if seeker
- Wobble cushion or balance board

Final check before any purchase

- Does this match my child's profile, not a Pinterest room?
- Can it be put away or scaled back?
- Is it the single biggest change I could make this week?