



MOBILE SENSORY ROOM

In this Mobile Sensory Room (MSR), developed by the Inclusive Recreation Resource Center headquartered at SUNY Cortland, you will find several items to aid children with various sensory input differences such as Autism Spectrum Disorder, ADHD, and sensory processing disorder; as well as other intellectual and/or developmental disabilities. We specifically chose the items in the mobile sensory room based on research which has shown the numerous benefits they can have by providing feelings of security, calm, de-escalation, and by re-focusing children who need additional support. In the field of recreation, designated quiet spaces are commonly used for all of the above reasons. However, due to limited program space many recreation programs must forgo the beneficial outcomes associated with quiet spaces. The IRRC has developed a mobile version of a quiet space which is cost-effective, convenient, and movable from area to area. Please use this guide to learn the reason and use for each item in the MSR. It is important to remember that each child's needs will vary based on their individuality and not every item in the MSR may be right for them. The IRRC encourages you to add to and individualize your calming kits whenever possible.

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What's in the MSR?	Why's it in there? How can I use it?	Supporting evidence	Where can I find it?
QUIET SPACE			
 Pop-up Tent	<ul style="list-style-type: none"> In recreation settings, designated quiet spaces are often limited. Having a pop-up tent offers convenience for facilitators trying to find a space. From the inside, it appears consistent to children and can easily be set up on the fly 	To add	https://www.amazon.com/Ylovetools-Outdoor-Automatic-Portable-Camping/dp/B06XXZRZM5/ref=sr_1_30?s=toys-and-games&ie=UTF8&qid=1500136874&sr=1-30-spons&keywords=pop%2Bup%2Btent&th=1
 Soft Pad	<ul style="list-style-type: none"> To create a comfortable surface for sitting or laying Can be machine-washed 	To add	https://www.chewy.com/chuckit-travel-bed/dp/53837?utm_source=google-product&utm_medium=cpc&utm_campaign=hg&utm_content=Chuckit%21&utm_term=&gclid=Cj0KCQjwnazLBRDxARlsAECdauu9s84J1xupn0eljR97A6wnLiLh7YSTGKIUlfSthLvrKMATJqWcKjgaAr9bEALw_wcB&gclsrc=aw.ds

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 <p>Zen Guidelines Poster</p>	<ul style="list-style-type: none"> Provides clear rules and expectations for all children on the use of the quiet space Attach to outside of pop-up tent and also have another copy attached to the inside for reinforcement 	To add	www.inclusiverec.org
TOUCH			
 <p>Sensory Shapes</p>	<ul style="list-style-type: none"> Provides tactile stimulation through texture, squeezing, and shape Can be used as a stress reliever for anxiety, or as a fidget toy when a child does better with an object in their hand Use as secondary fidget to actual fidget toy, less function to distract and more based on texture and feeling It can serve as a reminder to take a deep breath when experiencing a stressful situation Often successful when used during difficult tasks Encourage the child to take a deep breath while squeezing the toy firmly This toy is not to be thrown or bounced but held on to tightly 	To add	http://www.flaghouse.com/Sensory-Solutions/Tactile/Sensory-Balls/Sensory-Shapes.aspx

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 Water Wigglers	<ul style="list-style-type: none"> Provides tactile and visual stimulation through texture, squeezing, and floating objects Can be used as a stress reliever for anxiety, or as a fidget toy when a child does better with an object in their hand This toy is not to be thrown or bounced but held on to tightly 	To add	http://www.flaghouse.com/Motor-Skills/Fine-Motor/Manipulatives/Water-Wigglers.axd
 Kinetic Sand	<ul style="list-style-type: none"> Provides tactile stimulation through hands on contact and visual awareness “Can assist children with fine tuning their fine motor development, as Kinetic Sand is a hands-on material it encourages children to squeeze, squish, smash, cut, poke, pinch, roll, and flatten it.” (World of Senses) 	<ul style="list-style-type: none"> http://www.worldofsenses.com.au/blog/the-benefits-of-kinetic-sand 	http://www.flaghouse.com/Sensory-Solutions/Tactile/Textures/Kinetic-Sand.axd
 Light Up Massager	<ul style="list-style-type: none"> Provides tactile stimulation through vibration, shape, and a push button; and visual stimulation though lights. Massage and vibration can help relax children that are escalating and can relieve stress by providing relief from outside distraction The push button provides a sense of control for the child and allows them to start and stop the stimulus when they choose 	To add	http://www.flaghouse.com/Sensory-Solutions/Tactile/Massagers/Good-Vibes-LED-Light-Up-Massager.axd

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 Gel Balls	<ul style="list-style-type: none"> Provides tactile and visual stimulation through texture, squeezing, and floating objects Can be used as a stress reliever for anxiety, or as a fidget toy when a child does better with an object in their hand This toy is not to be thrown or bounced but held on to tightly 		https://www.amazon.com/dp/B07K7Y7KBM?aaxitk=SDXtZBBzAzq28.afC2UfxQ&pd_rd_i=B07K7Y7KBM&pf_rd_p=3fade48a-e699-4c96-bf08-bb772ac0e242&hsa_cr_id=5763143730501&sb_ci-n=asinImage&sb_ci-v=https%3A%2F%2Fimages-na.ssl-images-amazon.com%2Fimages%2FI%2F411NmXrhv11.jpg&sb_ci-a=B07K7Y7KBM
 Weighted Gel Lap Pad	<ul style="list-style-type: none"> Provides security for children that are overstimulated by outside stressors by grounding them to an object and decreasing anxiety Often used directly following transition times, like recess or programs to calm an active mind Helps the nervous system trigger the release of important chemicals like serotonin and melatonin which both help create feelings of calm and serenity The gel within this particular blanket provides tactile and visual stimulation because of the clear plastic backing. Objects within the blanket also provide visual stimulation 	<ul style="list-style-type: none"> Chen et al. (2012) - http://www.jmbe.org.tw/file/s/1961/public/1961-5094-1-PB.pdf Novak et al. (2012) - https://journals.sagepub.com/doi/abs/10.1177/1039856212459585#cited-by 	https://www.nationalautismresources.com/glitter-gel-weighted-lap-pad/

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SIGHT

What's in the MSR?	Why's it in there? How can I use it?	Supporting evidence	Where can I find it?
 Light Ropes	<ul style="list-style-type: none"> Provides visual stimulation and increase in visual attention Changing colors distract and allow for absorption in the activity and allow for calming or stimulation Encourages motivation for positive interaction with the environment versus self-stimulating behavior Remote control allows child to control the experience 	To add	https://www.amazon.com/Dimmable-Powered-Waterproof-Outdoor-Lighting/dp/B078823FX9/ref=asc_df_B078823FX9/?tag=hyprod-20&linkCode=df0&hvadid=241987930281&hvpos=102&hvnetw=g&hvrand=11834318722859485944&hvponer=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9033152&hvtagid=pla-451658547721&psc=1
 UV Black Light and Fluorescent Tape	<ul style="list-style-type: none"> Provides visual stimulation and increase in visual attention Use of fluorescent tape to create art distract and allows for absorption in the activity Allows for calming or stimulation Encourages motivation for positive interaction with the environment versus self-stimulating behavior via creative artwork with tape 	To add	https://www.walmart.com/ip/Lava-the-Original-18-Inch-Mountable-Black-Light/15752103?athcpid=15752103&athpgid=athenaltemPage&athcgid=ull&athznid=PWV/UB&athieid=v0&athtid=CS020&athguid=d9664900-dba-16ae045e5e6d89&athena=true

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 Sensory Projector/Ocean Wave Machine	<ul style="list-style-type: none"> Provides visual stimulation and increase in visual attention Allows for calming or stimulation Incorporates sound of ocean waves and other soothing sounds Remote control allows child to control the experience 	To add	http://enablingdevices.com/catalog/Sensory_Space/Visuals/sensory-projector
 Outdoor Light Projector - Kaleidoscope	<ul style="list-style-type: none"> Provides visual stimulation and increase in visual attention Allows for calming or stimulation Can be staked into the ground if in outdoor setting 	To add	https://www.walmart.com/ip/Lightshow-Kaleidoscope-Multi-Colored-Christmas-Lights/37299890
 Stargazer Projector	<ul style="list-style-type: none"> Provides visual stimulation and increase in visual attention Allows for calming or stimulation Incorporates sound of ocean waves and other soothing sounds 	To add	https://www.amazon.in/Anpress%C3%82%C2%AE-Rotating-Projector-Decoration-Christmas/dp/B018E9QSSG

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 Fiber Optic Light	<ul style="list-style-type: none"> Provides visual stimulation and increase in visual attention Allows for calming or stimulation Increase grasping skills Increase awareness of cause and effect 	To add	https://www.amazon.com/Katoot-Beautiful-Romantic-MultiColor-Nightlight/dp/B072KKM6HP/ref=asc_df_B072KKM6HP/?tag=hyprod-20&linkCode=df0&hvadid=198100235659&hvpos=1o2&hvnetw=g&hvranid=2603459100384569016&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9033152&hvtagid=pla-369513362128&psc=1
 Color Cube	<ul style="list-style-type: none"> Provides visual stimulation and increase in visual attention Changing colors distract and allow for absorption in the activity and allow for calming or stimulation Encourages motivation for positive interaction with the environment versus self-stimulating behavior Remote control allows child to control the experience 	To add	https://www.amazon.com/dp/B076J56ZWK/ref=sspa_dk_detail_4?psc=1&pd_rd_i=B076J56ZWK&pd_rd_w=6jRNI&pf_rd_p=46cdcfca7-b302-4268-b799-8f7d8cb5008b&pd_rd_wg=ByLsU&pf_rd_r=RJS4FZBXVJBD9BEZH5BY&pd_rd_r=243d4558-7cc4-11e9-9099-8331ab303772
 Sand in Motion	<ul style="list-style-type: none"> Provides visual stimulation and increase in visual attention Allows for calming or stimulation Increase grasping skills Increase awareness of cause and effect Portable and requires no electricity 	To add	http://www.flaghouse.com/Sensory-Solutions/Tactile/Miscellaneous/Sand-in-Motion.axd

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 Bubble Flip	<ul style="list-style-type: none"> Provides visual stimulation and increase in visual attention Allows for calming or stimulation Increase grasping skills Increase awareness of cause and effect Portable and requires no electricity 	Houghton et al. (2009). https://www.tandfonline.com/doi/abs/10.1080/13668259800033761	https://www.amazon.com/Floating-Liquid-Calming-Relaxing-Sensory/dp/B07JQ3CTJK
SOUND			
 Bluetooth Speaker or Noise Cancelling Headphones	<ul style="list-style-type: none"> Noisy program areas and environments can be overstimulating to children with sensory needs Muting noise in these areas provides a sense of comfort and respite from noisy environments Using soothing/meditative MP3 audio with the headphones is another beneficial use for this item Use speaker when visual stimulation is also needed Closely monitor the use of this item so it is not abused or cause distraction from programs 	<ul style="list-style-type: none"> Ikuta, N. et al. (2016). Effectiveness of earmuffs and noise-cancelling headphones for coping with hyper-reactivity to auditory stimuli in children with Autism Spectrum Disorder: A preliminary study. <i>Hong Kong Journal of Occupational Therapy</i>, 28, 24-32. Prieto, N. (2012). Headphones for children with autism. <i>Easter Seals Crossroads, INDATA News</i>. Retrieved from http://www.eastersealstech.com/2012/03/27/headphones-for-children-with-autism/ 	https://www.amazon.com/JBL-Portable-Splashproof-Bluetooth-Speaker/dp/B0147JTPY6/ref=sr_1_1?ie=UTF8&qid=1501689942&sr=8-1&keywords=jbl+pulse+2+silver https://www.amazon.com/Cancelling-Bluetooth-Wireless-Headphones-Microphone/dp/B077349VJ8/ref=asc_df_B077349VJ8/?tag=hvprod-20&linkCode=df0&hvadid=312198019411&hvpos=1o5&hvnetw=g&hvrand=13396812975144988792&hvponer=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9033152&hvtagid=pla-570085510041&psc=1

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 <p>iPod Shuffle</p>	<ul style="list-style-type: none"> Using soothing/meditative MP3 audio with the headphones Use preferred soothing music or relaxation sound tracks 	Thoma et al. (2013). https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3734071/	https://www.amazon.com/Apple-Shuffle-Generation-Product-Renewed/dp/B07MVN51PX
 <p>Sound Machine with Six Sounds</p>	<ul style="list-style-type: none"> Noise machines work by generating a soothing sound of a steady consistency The brain hears this sound, picking it up as a sort of gentle rhythm, and the rhythm is calming and prevents any distractions from reaching the conscious mind Sounds range from white noise to waves to soft train 	Spencer et al. (1990). https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1792397/	https://www.mytoytruck.com/products/homipooty-natural-white-noise-machine-sound-spa-machine-for-sleeping-rechargeable-sleep-machine-with-6-sounds-and-timer-for-home-office-and-travel
SMELL			
 <p>Scented Markers</p>	<ul style="list-style-type: none"> Provides olfactory stimulation and increase in visual attention Allows for calming or stimulation Increase grasping skills Portable and requires no electricity Can add therapy coloring books to assist with attention, focus, and decreased anxiety 	Ali (2018). https://www.psychologytoday.com/us/blog/modern-mentality/201803/are-adult-coloring-books-actually-helpful	https://www.amazon.com/Mr-Sketch-Scented-Assorted-10-Count/dp/B0006HXGQ2/ref=pd_bxgy_229_img_2/140-2433845-5328632?encoding=UTF8&pd_rd_i=B0006HXGQ2&pd_rd_r=28ab2233-7ccb-11e9-95b4-bb72a691cc4e&pd_rd_w=1H5xe&pd_rd_wg=ywGC6&pf_rd_p=a2006322-0bc0-4db9-a08e-d168c18ce6f0&pf_rd_r=E8BBXD6QSMSFZ8P2A77D&psc=1&refRID=E8BBXD6QSMSFZ8P2A77D

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 Mini Scentifier	<ul style="list-style-type: none">Provides olfactory stimulation and increase in visual attention with changing lightsAllows for calming or stimulationBenefits of aromatherapy	Deng (2011). http://www.yalescientific.org/2011/11/aromatherapy-exploring-olfaction/	https://www.target.com/p/scentifier-fan-driven-color-changing-portable-diffuser-white-sparoom/-/A-51082852
 Essential Oils	<ul style="list-style-type: none">Provides olfactory stimulation and increase in visual attention with changing lightsAllows for calming or stimulationBenefits of aromatherapy	Sowndhararajan & Kim (2016). https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5198031/pdf/scipharm-84-00724.pdf	https://www.bonanza.com/listings/Pure-Body-Naturals-Pure-Therapeutic-Grade-Top-6-Essential-Oil-Basic-Sampler-Kit/532054915?goog_pla=1&variation_id=407240426&gclid=CjwKCAjw5pPnBRBJEiwAULZKvtI_EoxhmZeL3qB-5yOLtuOp6PIFn8yoTZO_EdwVCOEdbKOraP6X8hoC_2cQAvD_BwE

For more information, visit our website: www.inclusiverec.org

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