









# Features of the Sensory Space

Soundproof walls

Tamper-proof interior

Adjustable lighting

Sufficient space for wheelchair users

Paper and pencils for students to draw/scribble

Small fidget toys

Some core features of our sensory room are **lights**, small **fidget toys** (PopIt, Rubik's Cubes, etc), and a **sound system** to play calming music.

Based on this [article](#), the blue lighting and room colour helps to **lower blood pressure**, **slow down heart rate**, and **reduce feelings of anxiety** and **stress**. This helps to **calm down** the on-edge students that need to use the sensory room, and gives them a place to **collect their thoughts and emotions**.

Based on this [article](#), engagement with sound activates the parasympathetic nervous system, **reducing stress** hormones such as cortisol, **lowering heart rate**, and promoting a **sense of calm**. Playing soft, slow music using the sound system can help to **slow breathing**, and **decrease blood pressure**, making it an effective tool to help students calm down and relax.

Based on this [article](#), the white walls of the conference room helps people to **focus**. White is definite, bringing **clarity** and marking definite borders, but too much white can be uncomfortable, even blinding, so the conference room mixes the **white with brown and black**, helping to add more colour while still **minimizing distractions**