

Sensory SUPPORTS

Having sensory supports available provides all children with the opportunity to engage in congregational life, Christian education, and worship by equipping them with the resources they need to thrive in faith formation without hindrances.



HELPING WITH AUDITORY PROCESSING

Headphones reduce noise overload, helping children who are sensitive to sounds feel more comfortable in noisy environments



REGULATING PRESSURE AND DEEP PRESSURE

Weighted blankets, lap pads or weighted toys offer calming pressure to reduce anxiety. The pressure helps the body feel grounded and secure, mimicking the feeling of a gentle hug.



PROVIDING OPPORTUNITY FOR MOVEMENT

Give breaks and/or freedom to move as needed to release energy, refocus, and self-regulate. Swivel, rocking, or wiggle chairs provide an opportunity for tactile movement.



VISUAL SCHEDULE

A visual schedule provides easy-to-understand cues about what will happen next. Using images for each activity makes it clear to the children so they understand the routine, especially if there are language or developmental delays.



FOCUS AND ENGAGEMENT

Fidgets toys, lights, and textured materials allow children to engage in quiet movement while still learning. Using fidget toys and equipment provides an outlet to burn off excess energy.

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UNDERSTANDING INTERNAL NEEDS

Providing a calm, quiet, safe area where children can retreat to regulate emotions and avoid overstimulation helps encourage emotional regulation. This is especially helpful during sensory overload so a child can relax and recharge.



FEELING SMELLS

Eliminating powerful smells and strong odors (e.g., perfumes, cleaning products) is helpful, for these can be distressing for children with heightened sensory sensitivities.



GETTING TO KNOW THE SPACE

Familiarizing with the environment in advance allows children time to explore and become familiar with new spaces which helps reduce anxiety and promotes comfort. Maps and tours promote confidence by reducing fear of the unknown. This helps children feel safe and in control of their surroundings.