



The Sensory Room

The sensory room is a space where you can use different items or activities to target your senses.

Whether you want to relax and feel calm, or increase your alertness and energy levels, the sensory room has activities to meet your needs.

What are our senses?

The sensory room has a variety of activities that involve:

- Vision
- Hearing
- Taste
- Smell
- Touch
- Vestibular (balance)
- Proprioception (deep touch).

What types of activities?

There are a variety of activities and items that you can use in the sensory room. These include:

- Relax in different chairs
- Listen to music

- Use different scents
- Experience different lighting effects
- Relax with a weighted blanket or wrap
- Read a book or magazine
- Use massage items
- Do puzzles
- Touch different types of textures
- Do some light exercise.

How do I use the sensory room?

- Talk to a nurse or occupational therapist about using the room
- Explore some of the sensory items and activities
- Think about how they make you feel
- Does something make you feel really relaxed?
- Does something make you feel really alert or awake?
- Complete the rating sheet after each activity
- Talk to staff about how to include these activities in your recovery planning (what, when, why).

If you would like to know more about how to use sensory activities in the sensory room or at home talk with your nurse or occupational therapist.

