

INVENTORY

INSTRUCTIONS

CARE

RESEARCH

# Sensory Spaces on Wheels

USER MANUAL



INVENTORY

INSTRUCTIONS

CARE

RESEARCH




Click here to jump to  
each section or page

1

# This is an Interactive Digital Notebook!

At any point in this document you may **click the colored tabs at the top and the sides** to go to the corresponding section.

## Inventory: Large Foundational Items

<input type="checkbox"/>	<p>Eskimo Quickfish Pop-up Portable Ice Shelter, Red</p>	
<input type="checkbox"/>	<p>Puzzle Exercise Mat Interlocking Tiles, Black</p>	
<input type="checkbox"/>	<p>Okotxs Outdoor Camping Chair</p>	
<input type="checkbox"/>	<p>Flex Octopus Folding Beach Chair</p>	
<input type="checkbox"/>	<p>Portable Camping Swivel Folding Stool Seat</p>	
<input type="checkbox"/>	<p>Cardboard Playhouse</p>	













Large Items

Lights and Blankets

Smaller Items

Storage / Equipment

## Inventory: Blankets and Lights

	<p>LED Night Light / Star Projector</p>	
	<p>Portable LED Camping Lantern with Ceiling Fan</p>	
	<p>Fiber Optic Sensory Lights</p>	
	<p>Fuzzy Gray Blanket</p>	
	<p>Roore 5 lb Weighted Blanket</p>	
	<p>Florensi 5 Lbs Weighted Lap Pad/ Blanket</p>	



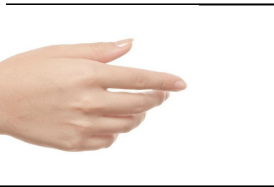



Large Items

Lights and Blankets

Smaller Items

Storage / Equipment

## Inventory: Smaller Items

<input type="checkbox"/>	<p>Snug Noise Cancelling Earmuffs/Headphones (Purple, Red, Yellow, Blue)</p>	
<input type="checkbox"/>	<p>Grey Tag Security Blanket with colorful tags</p>	
<input type="checkbox"/>	<p>Green and Red Wristbands</p>	
<input type="checkbox"/>	<p>BeYumi Marble Fidget Toys</p>	
<input type="checkbox"/>	<p>Mini Flashlights</p>	
<input type="checkbox"/>	<p>Blank Passport Book</p>	
<input type="checkbox"/>	<p>Travel The Map Airplanes Mini Stickers</p>	



## Inventory: Storage / Equipment

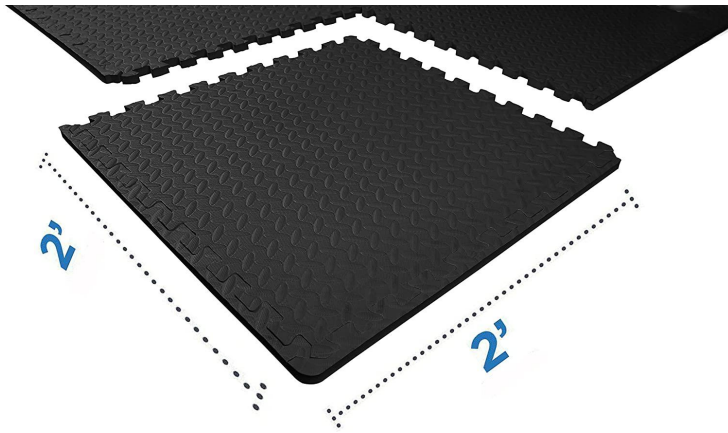
	<p>Rolling Storage Bag (used for storage and transportation)</p>	
	<p>25 ft Extension cord, 3 Outlet (Can be used for lights)</p>	
	<p>Cartman Lashing Straps (used to secure items)</p>	
	<p>Folding Hand Truck and Dolly</p>	
	<p>Wheeled Industrial Tote</p>	

## Instructions:

Let's set this up!

1

Block out a quiet open area. Set up the black **foam tiles** to form a large square area for people to comfortably sit.



2

Set up the red **fishing tent** on top of the black mat.



1

2

3

4

5

6

7

8

# Instructions:

Let's set this up!

3

Now let's set up the **lights!**



This light can be hung from the top of the tent, it can also be used a fan with low and high speed settings.



## PACKING

① Music & Twinkle Light Engine (App) ② (3\*0.75mm) Flash Point Fibers  
③ PG Connector ④ Remote Control ⑤ Instruction Manual ⑥ US Power Adapter

LED fiber optic lights have a remote control and App control via Bluetooth connect. With a dimming function, and sound sensitivity control. Can step up in a corner of the tent. Users can safely plays with the fibers.



Plug in power cable and place on mat with lens tilted towards the top of the tent. Works best in dimly lit conditions.

1

2

3

4

5

6

7

8



## Instructions:

Let's set this up!

4

Space out the **foldable chairs** inside the tent.



5

Fold the **weighted blankets** on the chairs or in a basket.

The blankets are 5 pounds. Ideally weighted blankets should be 10% of the person's body weight. Users 25 pounds and over can use these blankets safely. Users should be able to move under the blanket easily.



1

2

3

4

5

6

7

8

## Instructions:

Let's set this up!

6

Smaller items like noise cancelling **headphones and fidget toys** (marbles and blanket with tags) can be placed in separate containers and placed off to the sides of the tent. Containers should be labeled for clarity.



7

**Green** wristbands should be placed on users to indicate they are comfortable with physical touch such as "high fives and elbow bumps"

**Red** wristbands indicate the the user is not comfortable with physical touch and others should be extra mindful of respecting their personal space.



8

These **stickers** can be given to place on their **passport book** documenting their attendance and awarding them for their participation. They can collect these stickers at other sensory friendly events.



1

2

3

4

5

6

7

8

## Maintenance and Care:

- **Ice Tent and Foam Mat:** Can wipe down and sanitize regularly. Can be disassembled for quick and confident storage.
- **Portable Chairs:** Easily folds into a compact size for storage. Can wipe down and sanitize regularly.
- **Camping Lantern:** Lights up to 37 hours of regular, continuous use with enough battery capacity. 2D batteries can keep the fan work for 15 hrs in low speed mode.
- **LED Lights:** Waterproof fiber optic cable is not easy to tangle, and easy to clean. Power cable included.
- **Weighted Blankets:** Machine-washable. Has an inner blanket and a outer duvet cover with a concealed zipper that can be fastened with corner ties.
- **Headphones:** Foldable for easy storage and portability. Adjustable (just slide the cups up and down the wire frame to adjust),

## Research and Purpose

### What's the purpose of a **sensory room**?

- It provides a sense of calm and comfort, in a sensory overwhelming environment. Sensory rooms help children learn to self-regulate their behaviors and emotions so they can prepare for learning and interacting with others.
- It contains objects that provide touch, sound, sight, smell and movement: a variety of sensations, such as back and forth movement, deep pressure touch and body warmth.
- A sensory room provides a relaxing and calming effect by using sensory supports in a controlled and predictable space. The MSE can help improve concentration, focus attention and improve memory for people who need help with self-regulation. MSEs have also been shown to promote brain and motor development and coordination.
- Click the link to access research articles for more information:  
<https://doi.org/10.1016/j.ridd.2019.03.007/> <https://doi.org/10.5014/ajot.2020.037267>

### What are the benefits of using **sensory lighting**?

- Helps children to concentrate and improve their focus in a positive, fun and creative way
- The soft lighting provides a calming and comforting effect.
- Fiber optic sensory lights are highly engaging and provide touch awareness as well as visual tracking.
- Click the link to access research articles for more information:  
<https://pdfs.semanticscholar.org/db26/8406b2e4ea4064dd3bcb8a33b60d78c6231c.pdf/>  
<http://isna-mse.org/pdf/English/Effect%20of%20individualized%20use%20of%20a%20multisensory%20environment%20on%20eng.pdf>

## Research and Purpose

### What are the benefits of **noise cancelling headphones**?

- These headphones don't actually cancel out noise completely but instead reduce the actual noise level that the ears process but does
- For children with auditory sensitivities, this enables them to participate in potentially loud environments without being overstimulated by the sounds around them.
- Click the link to access research articles for more information:  
<https://doi.org/10.1016/j.hkijot.2016.09.001> / [https://doi.org/10.1044/2020\\_LSHSS-19-00119](https://doi.org/10.1044/2020_LSHSS-19-00119)

### Why incorporate **fidget toys** in a sensory room?

- Fidget toys can help reduce anxiety and stress along with improving dexterity and fine motor skills.
- These toys and improve focus, concentration, and cognitive performance.
- Click the link to access research articles for more information:  
<https://www.sensorysmarts.com/AADJun17.pdf> / [10.1097/MOP.0000000000000523](https://doi.org/10.1097/MOP.0000000000000523)

### Why use **weighted blankets**?

- Weighted blankets use deep pressure stimulation to relax and calm the nervous system
- It induced calm-inducing amount of pressure on your entire body, similar to the feeling of being hugged, swaddled, or held.
- Click the link to access research articles for more information:  
<https://doi.org/10.5014/ajot.2020.74S1-PO6802>



## Research and Purpose

### Why use a **ice fishing tent**?

- Ice fishing tents provide a dark, safe enclosed space that can effectively dampen outside noises. It is also light and portable, so it can be easily stored and moved to other locations.

### What's the purpose of the **passport books and stickers**?

- Blank passport books and corresponding airplane stickers are provided to provide positive reinforcement for participation. This also adds a sense of structure to the whole experience, which helps many kids on the autism spectrum disorder.
- Click the link to access research articles for more information:  
<https://link.springer.com/article/10.1007/s10803-017-3361-4>

### What's the benefit of the utilizing **toy flashlights**?

- This indirect dim light produced from this little flashlight can provide a sense of calm and security while in a sensory friendly environment. It can also be minimally stimulating for users to incorporate into their sensory experience.
- Click the link to access research articles for more information:  
[\(PDF\) An Architecture for Autism: Concepts of Design Intervention for the Autistic User](#)

## Evaluation Form

What are your ideas of additional items to add to the sensory room?

Please add a comment on the process of setting up the sensory room.

Any suggestions on how to improve the set up of the sensory room?

Please provide an anecdote of someone using the sensory room.

\*Feel free to attach photos of the sensory room set up\*