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Ultimate Sensory Room Setup Checklist

Curated by SensoryGift.com to help you build a personalized sensory space for children with Autism, ADHD, or SPD. Check off items as you go!

Visual Tools

- LED bubble tube with remote
- Lava lamp or motion lamp
- Fiber optic strands or curtain
- Star light projector or galaxy light
- Color-changing LED strips

Tactile Tools

- Textured wall tiles or panels
- Squishies, stress balls, or tactile fidgets
- Sensory bin with kinetic sand or dry rice
- Water beads in a sealed tub
- Feather or soft brushes for tactile exploration

Auditory Tools

- White noise machine or app
- Bluetooth speaker with calming playlist
- Noise-reducing headphones
- Rainstick or chime tube
- Echo microphone or whisper phone

Olfactory Tools

- Essential oil diffuser (lavender, citrus, peppermint)
- Scratch-and-sniff stickers
- Aromatherapy dough or sensory jars
- Cotton balls with scent in sealed jars
- Scent-matching activity game

Proprioceptive Tools

- Weighted blanket (child-sized)
- Weighted lap pad with textured cover
- Compression clothing or body sock
- Push-pull resistance bands
- Heavy work toys (fillable sandbags or baskets)

Vestibular Tools

- Ceiling-mounted sensory swing
- Spinning chair or sit-n-spin
- Balance board or rocker
- Mini trampoline with handle
- Crash pad or tumbling mat

General Supplies & Setup

- Soft rugs or gym mats
- Storage bins labeled by sensory type
- Visual schedule or picture chart
- Timer or traffic light system
- Comfort corner with bean bag or tent

Tips for Use

- Introduce your child to the sensory space gradually. - Let them lead—observe which tools they are drawn to. - Rotate toys and tools weekly to keep the environment fresh. - Maintain hygiene by regularly cleaning high-contact items. - Supervise young children, especially when using swings or small parts.

Visit **SensoryGift.com** for more sensory tool recommendations, expert guides, and free resources.