

A GUIDE TO QUIET SPACES

Sensory spaces for people to escape to when they feel over stimulated

* Every person is unique and will experience the world differently, what may work for one person may not work as well for another. These are suggestions to try to help as many people as possible.

Use lighting to create calming environments. Install dimmer switches so people can choose their levels. Avoid fluorescent lights or bulbs that make a noise.

Gently glowing lights can help e.g. bubble tubes.



Manage the acoustics to minimise background noise, echo and reverberation. Carpets can be used to dampen noise. The option for ambient background music could help create a calming environment



Use low arousal colours, monochromatic or analogous schemes such as blues or blues and greens can create a peaceful space. Blues are de-stressing and soft green or light pink can be soothing.



Control the smell of the environment. A gentle background fragrance can block out uncontrollable smells such as food, paint, cleaning products, perfumes etc. Use a subtle and calming scent.



Sensory objects can be calming. Squishies, objects to organise, projection equipment, fibre optics, bean bags, and mirror balls can help some. Weighted blankets and tight spaces for squeezing into can help people feel safe.



Use everything in the room to create a comfy sensory space e.g. furniture, flooring, furnishings etc. Plain furnishings can help with acoustics which helps lower the noise, helping people to filter it.



Try to make the space as comfortable as possible, comfy seating and oversized beanbag chairs are a good idea. A soft and noiseless carpet will also help to create a calming sensory environment.



Consider the materials you use. Light reflecting surfaces can be distracting and wallpaper could be picked at and removed, so try to avoid these things.

Labels can help people use the room with minimal support.



Layout can be utilised to create sensory corners, these can help screen off private areas away from the rest of the room. Tight spaces where individuals can squeeze into to calm using firm pressure can support some.



Ensure the environment is safe for all. Parents and adults can potentially lock the space for privacy. Consider safety measures for things like plugs, locks, handles, blinds etc.

