

School Counselor Loves New Sensory Space

Children at Rosa Parks who visit the counseling office now have a dedicated sensory space to help with calming, and the tools are working well, said **Staci Postema**.

“Our kids needed a safe place to talk and take a break to calm down,” said Staci, who is starting her 10th year at Rosa Parks. “The sensory space is so inviting and relaxing and therapeutic, and the tools are helping students learn how to self-regulate.”

“We want to meet students’ needs before they snowball.”

Staci estimates that she helps 40 students weekly with everything from family trouble to mental health to behavioral issues.

“Having a sensory space is awesome,” she said. “It helps to differentiate the play side of the office from the area for calming down, which makes for an easier transition for kids who come to see me.”

“Our kids needed a safe place to talk and take a break to calm down...” ~ Ms. Staci

The sensory space in the counseling office has alternative lighting, rocking chairs and other comfortable seating, mood calming aromatherapy sprays, handheld fidgets, kinetic sand, massage pillows, and a weighted lap pad.

“We love our new space!” said Staci.

Rosa Parks also has a newly refreshed sensory space in its learning center. The spaces were created and installed by the nonprofit Shadow Project, a Read Together partner of Portland Public Schools.



The
Shadow
Project