



# SuperSensory Space Program



**1 in 5** Oregon children have a challenge that interferes with learning or behavior, **including dyslexia, ADHD, autism and trauma.**

The Shadow Project supports student mental health needs with social-emotional programming that strengthens well-being and success.

## Shadow Project’s SuperSensory Spaces

give K-5 students access to social-emotional supports that reduce the impact of trauma and anxiety, so they can engage in learning. This **strengths-based approach** teaches life-long skills of self-management, calm and focus, reducing classroom disruptions and disciplinary referrals.

## School & District-Wide Implementation

Administrators partner with us to **reduce exclusionary discipline**, support **positive behavior programs** and promote **social-emotional learning**.

### SuperSensory Spaces +Trauma-Informed Training = Resilient Youth



**SuperSensory Literacy Spaces** are multisensory libraries equipped with therapeutic seating, sensory tools and books for diverse learners. Reading difficulty affects the majority of students with disabilities and can lead to anxiety and depression. Here, students find calm and focus, building their reading and critical thinking skills as they work at their own pace and develop confidence to persevere.



**SuperSensory Movement Spaces** are supportive, structured environments with equipment designed to teach self-regulation. Through large motor activity, children discharge built-up anxiety and frustration and practice healthy responses to stress. Supported by Shadow-trained staff, students identify and manage emotions, the building blocks for good mental health.

## Evaluation Findings: Stronger Skills for Student Success

**78%** Of students with persistent behavior challenges reduce their time spent in the “Red Zone” of regulation

**73%** Increase self-regulation skills

**64%** Increase reading time

**52%** Demonstrate a stronger sense of belonging in school

**39%** Of students who were chronically absent improve attendance

**90%** Of teachers report they spend less time managing disruptive student behavior

“The Sensory Space initiative (in all district elementary schools) increases our capacity to respond to social-emotional needs from a strengths-based, multicultural perspective.”

—**Dr. Paul E. Coakley**, Superintendent, Centennial School District

“Our students use Shadow Project tools to self-regulate. This program empowers kids to help themselves so they can get back to learning.”

—**Katherine Polizos** Principal, Woodmere Elementary



In kindergarten Decan was suspended weekly for outbursts that disrupted the classroom. With daily breaks in his school’s **Sensory Movement Space**, the 1<sup>st</sup> grader became a confident, engaged student who is a leader during math work.

## Program Components

- **SuperSensory Spaces to meet student needs.** Designed in collaboration with occupational therapists, our Movement Spaces teach give children a structured setting to discharge stress and anxiety, while Sensory Literacy Spaces include a multisensory library tailored to student reading needs. All spaces include sensory tools and furniture.
- **Trauma-informed, culturally responsive training for educators** to systematize proactive and strengths-based responses to student behavior and integrate space into the districts’ existing social-emotional and mental health support programs
- **Protocols for student use**, including multilingual signage and directions to guide student use
- **Student check-in system** to measure space usage and promote self-regulation skills development
- **Year round maintenance of materials** and ongoing educator support
- **Independent program evaluation** to show accountability and demonstrate impact