

# Sensory Spaces

## Met ei sensory space?

Wewen ei sensory space nge ew neni emon aramas mi tongeni epwe no ngeni ren an epwe self-regulate. Non ei space, mi or ekkewe fidget tools, ekkewe kukunun trampolines, balance beams, ika ekkewe crash pads mi pwan tongeni kawor ren an epwe ew aninis an epwe tou ewe energy seni ewe watten mwokutukutun inis ika an epwe ekinamwei ewe chon aea.



**1 non 5 Oregon** semirit iwe mi or met ewe mi epeti ar repwe kaeo ika nonomwur ewe, **pachenong dyslexia, ADHD, autism, me trauma** ika feiengaw.

## Ion epwe tongeni aea ei sensory space?

Ese pwan nifinifin ion mi tongeni epwe anisi an nounou ekkei tools non ei sensory space, nge fen napengeni ekkewe ew non nimwu semirit mi kan weires ar kaeo. Pwe ren ekkei semirit, ar ewe nervous system nge mi kan pwan need ewe aninis an epwe regulate inir. Ei tool aa kawor non ei sensory space pwe epwe awora ewe stimulation ika ewe ekinamwe ngeni ekkewe semirit ren ar repwe tongeni maar.



## Pwata kopwe aea ei sensory space?

Ekkewe sense ra fokkun pwapwa an epwene or ewe Sensory Space pwe ina anen an epwe tongeni anisi nour kewe chon sukun ren ar stress me trauma. -Denise Wright, Director of Student Services, Centennial School District



- Sensory space nge ee kana anisi ekkewe semirit ar repwe nomw non ar ewe ekiek mi each pwe repwe tongeni kaeo
- Re kan pesei mwokutukut, ina met aa send ekkewe signal mi ekinamwe ngeni tupwuen emon ewe
- Re kan aiti ekkewe chon sukun ar repwe kuna me sinei me pwan pwisin tumwun ngenir met ekkewe ar need
- Ir mi tongeni repwe aninis me ekukunatiw ekkewe mwokutukutun inis an epwe angawano ar kaeo
- Re kan awora ewe neni mi tumwun ika safe faniten self-regulation
- Re kan aiti ewe self-awareness pwe repwe sinei ika ra dysregulated
- Ee kan wisen awora ewe neni an esapw or ewe overstimulation me epwe tongeni recharge
- Ee kan anisi me ekukunatiw ewe memefin stress me noninen me anisi me develop ekkewe healthy response nupwen epwe or ewe stress

# Sensory Tools & Sensory Processing



Ekkewe sensory tools ee mwut ngeni ekkewe chon sukun ar repwe emwokutu tupwuer kewe nupwen ar kaeo. Ekkei tools mi tongeni anisi ekkewe semirit ar repwe tongeni anganga mefier kewe me anganga inisir pwe repwe tongeni fori met ekkewe repwe fori non class me ar kewe homework. Ee kan epochokuna an ekkewe chon sukun self-regulation skills, aeochueno ar repwe focus, me ekinamwei ekkewe semirit ar repwe tongeni nomw non ar ewe ekiek pwe repwe tongeni kaeo.

**Mi fokkun chomwong sokopaten ekkewe sensory tools an epwe anisi ewe semirit ekkewe memefin sokopaten sosory stimulation, ren chowean:**

Balance beams, yoga balls, me ekkewe rocking chairs iwe ee kan awora vestibular (balance) input



Ekkewe panangket mi mwotoutou, me ekkewe pepa, me fidgets usun ew zipper nana ika ewe stress ball iwe ina met ee kan awora ewe tactile (atapa) input



Kepit lotion ika ne, titin penira, ika aea ekkewe essential oils iwe ina met ee awora ewe olfactory (smell) input



Ekkewe stretch bands, sitakinen inis me ekkewe compression vests ina met ee awora ewe stimulation ngeni ekkewe futuk me kupwupwun inis me pwan awora ewe proprioceptive input



Ken epwe noumwong, me aniwinin fos ika kapas (pwan itan echolalia), me ewe rain sticks re awora ewe auditory (ngingi) input



Repwe apwoi ekkewe bubbles ika fuseng ika fen uun ekkewe konik mi carbonated iwe ina met epwe awora masowen non nuker stimulation, ika ewe interoceptive input

