



*“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

## The Shadow Project

# SuperSensory Spaces

## Student Resilience

SuperSensory Spaces are a proactive support for students whose neurodiversity, disability or trauma makes it difficult to focus, process information, and engage in class. With routine sensory and movement breaks, almost all students improve self-regulation, on-task behaviors, and self-awareness—leading to more focused students and more positive, productive classrooms.

## Student Regulation

Through equity-centered training led by The Shadow Project, teachers, school administrators and staff learn to support students by recognizing needs and behavior patterns, and responding with SEL coaching and guided stress-releasing motor activity. Students cultivate calming strategies and learn to self-advocate, building lifelong executive function to help manage trauma and anxiety, and positively engage with their learning and peers.

## Classroom Outcomes

- 72% of teachers say the program creates an environment where students feel emotionally safe.
- 67% of teachers report improved student-adult relationships.

## Student Success

**64% of students** improve their emotional regulation.

**61% of students** are able to re-engage after acting withdrawn.

**52% of students** demonstrate a stronger sense of belonging.

**64% of students** are more likely to advocate for their needs.

## Partnerships

The Shadow Project works to close the opportunity gap for elementary and middle school students whose learning challenges include dyslexia, ADHD, autism, sensory, and mental health concerns. We partner with 60+ schools and numerous organizations in Oregon to transform education for neurodivergent learners.

The Shadow Project has provided teachers with resources to help unleash the potential of over 17,000 K-8 students since 2003.

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## SuperSensory Spaces

### School Partners Provide

- **Dedicated Space** in a classroom, office or other suitable spot.
- **Staff time** for two program implementation training sessions.
- **Cost share** realistic for your budget.
- **De-identified** student achievement data.
- **Staff completion** of a year-end evaluation survey.

### Logistics

- All equipment and materials are owned by the school upon installation.
- 2-year commitment to staff training recommended to ensure integration with school systems and program sustainability.

*“One of the students I support...graduated out of the space. They became much better at regulating in class and no longer had a need for the space. Now they prefer to stay in class and participate in classwork with peers.”*  
—Teacher, 2023

# The Shadow Project Provides

- **Equipment** installation and year-round maintenance.
- **Implementation protocol** for four customized movement courses.
- **Multilingual signage**, visual cues, and directions to guide development of self-regulation skills.
- **Student check-in / check-out system** to measure space usage and promote social-emotional development.
- **Equity centered training** focused on proactive, intentional, and strengths-based approaches to student behavior.
- **Ongoing educator support and consultation** around integrating a SuperSensory Space with your districts' existing SEL and mental health support programs.
- **Program evaluation** to show accountability and demonstrate impact.

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## SuperSensory Spaces

Visit **shadow-project.org**  
call **971-373-3457** or email  
**sharon@shadow-project.org**  
to learn more about our  
three programs:  
*Goal Setting,*  
*Reading Mentors, and*  
*SuperSensory Spaces.*

