The Shadow Project

SuperSensory Spaces



Building Student Resilience and Regulation

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

"It's allowed students to self-advocate in a moment when they may be struggling to find a coping strategy that's working well for them. Having that option allows them to have a choice to self-regulate in a way that works for them. That's given such empowerment to the kiddos."

- Jennifer Poore Bentley
Asst. Principal, Glenfair Elementary

Program Outcomes

- 71% improved ability to identify and communicate emotions.
- 68% demonstrated stronger self regulation skills.
- 72% of teachers say the program creates an environment where students feel emotionally safe.
- 68% of teachers report improved student-adult relationships.

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 social emotional 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.

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"These spaces help teach [students] to be aware of their physical somatic needs and how those connect to their emotions and how to self-regulate."

- Amanda Walker, Fairview School Counselor

Shadow Project Provides:

- Equipment installation and maintenance.
- Implementation protocol for a series of customized movement courses.
- Multilingual signage, visual cues, and directions to guide development of self-regulation skills.
- Learning Log for check-in/check-out and data collection.
- Equity-centered staff training.
- Ongoing educator support and consultation.
- Program evaluation to demonstrate impact and accountability.

**All equipment and materials are owned by the school upon installation.*

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.
- Student achievement data.
- Staff completion of a year-end evaluation survey.

**Multi-year commitment recommended to ensure integration and program sustainability.*



Partner with Us

Visit shadow-project.org, call 503-208-4614, or email wendy@shadow-project.org to learn more about our programs.

Goal Setting • Reading Mentors • SuperSensory Spaces

Since 2003, The Shadow Project has partnered with hundreds of schools and community organizations in Oregon and SW Washington to close the opportunity gap for K–8 students with learning challenges—supporting more than 26,000 students through transformative, neuroinclusive education.

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CHANGING LIVES FOR CHILDREN WITH LEARNING CHALLENGES