

## Sensory-Friendly Classroom Checklist

Check all that apply to your classroom:

### General Considerations

- There is a designated calm space within the classroom or near the classroom that has limited sensory input for breaks.
- There is a variety of sensory equipment available to all students (i.e., footrests, wobble stools, noise-reduction headphones, fidget toys, weighted lap pads, therapy balls for seating).
- Students are alerted in advance to any changes of room set up, whenever possible.

### Visual Considerations

- Natural lighting or low lighting (i.e., lamps) is used, whenever possible.
- Students are allowed to wear a hat or sunglasses inside if the lights are unable to be changed.
- Non-essential decorations on walls are minimal.
- Essential visual materials are displayed at students' eye level.
- The wall behind main instruction area is kept undecorated; only visual supports that are essential to the current lesson are posted here.

### Movement Considerations

- Pathways throughout the room are free and avoid congestion.
- There are clear, separate "zones" in the classroom (i.e., bookshelves or furniture used as dividers, coloured tape on the floor to show where each space begins and ends).
- Dedicated opportunities for movement ("movement breaks") are scheduled throughout the day and provided on an as-needed basis.
- There are flexible seating or alternative seating choices.

### Auditory Considerations

- Overall classroom noise is kept to a minimum.
- There is a visual support to alert students of volume levels.
- There is a clear transition signal or attention signal (i.e., chime or bell).
- Calming music.

### Organizational Considerations

- Classroom is clean, organized, and free of repair needs.
- Students have dedicated places to keep their belongings.
- Learning materials are easily accessible to all students.
- Closed storage containers are used for materials and resources that are not to be accessed by students.
- Seating arrangement considers the individual needs of students and the "micro-environments" of the classroom (i.e., lighting differences, temperature differences, view of the instructional area, noise level of different areas, etc.).
- Visual schedule is posted at students' eye level.
- Visual timers or clocks are used to display time until next transition.

### Olfactory Considerations

- A scent-free environment is upheld as best as possible.