



## *Sensory Room at Tully Elementary School*

Over the course of several years administration and staff, along with community involvement, have been working on the creation of a “Sensory Room” in the Tully Elementary School building. This has been a multi-year process, and with funding provided from a grant, we are pleased to announce that TES now has a functioning sensory room! We want to thank many people for their hard work and time including our building grounds and maintenance staff. With their dedication we have finished renovating an approximately 500 square foot unused classroom to accommodate the requirements of an effective sensory room.

An increasing number of students have sensory needs that, if not met, impact their ability to learn and grow to their maximum potential. These students require regularly scheduled sensory input breaks throughout their day in order for their bodies and minds to process outside stimulation and information for optimal learning. In addition to this, there are also unscheduled and unpredictable times when students may experience sensory overload requiring an “on demand” location that will provide them with the opportunity to re-regulate themselves before returning to their classroom environment.

The purpose and design of a sensory room is to calm or stimulate an individual through one or all of the seven senses. The most well-known of these senses are hearing, vision, touch, taste, and smell. There are two additional senses that are extremely important to the body’s sensory regulation and they are the proprioceptive and vestibular senses. The term “Sensory Room” refers to a specific location, expressly designed to include specific sensory equipment, materials, and activity opportunities. The design of this room along with the equipment and materials are for the educational benefit of students with mild to severe sensory processing difficulties.

A sensory room is therapeutic and beneficial for not only children with sensory processing disorders but also students with a variety of other needs. Although designed with students having sensory processing deficits in mind, this room will also benefit additional students who may not have specific sensory needs but may also benefit from gross motor activity, and sensory based activities.

We are very excited about this additional environment that will surely benefit students in the Tully School District in reaching their full potential. Again, we would like to thank all of the people who played a part in making this possible.