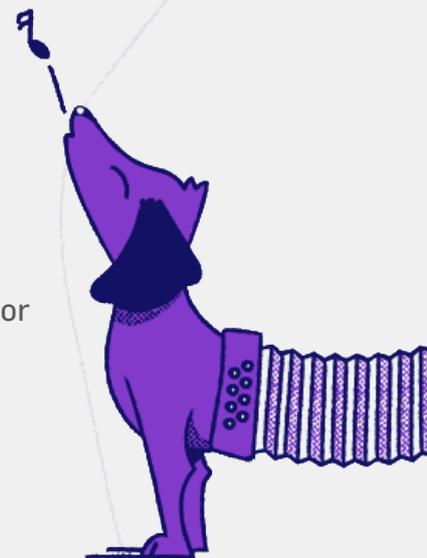




# Creating Your Sensory-Friendly Studio

Your student most likely experiences the world completely differently than you. Sensations that you may not even notice, like the scent of your lotion or the buzzing of a fluorescent light, may be overpowering to your student. We can and should modify our studios to mitigate sensory overload. Consider making the following your “default” teaching conditions:

- ✓ Lighting is not too bright or flickering (Tip: Use lamps rather than overhead lights!)
- ✓ Lights can be dimmed easily or curtains can be drawn
- ✓ Teaching space is clutter-free and loose objects are secured or out of reach.
- ✓ Teaching space is quiet and noise-cancelling headphones are available
- ✓ Teaching space is well-aired and as fragrant-free as possible: NO perfumes, essential oil burners or aromatic foods cooking in your kitchen during lesson time as they may overstimulate your student
- ✓ All furniture is to be secured to the wall and can't tip over
- ✓ All valuables are secured and cannot be reached by the student
- ✓ A variety of fidget toys are available for students
- ✓ Studio provides movement opportunities such as exercise balls or resistance bands



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