



A sensory, quiet or calming room is a safe and quiet space where people can go when they either need a break or need to self-regulate. The following information provides guidance for items that you might need to create a calming/quiet room in your synagogue, school, camp or other space.

Need help? Questions? Contact jkidaccess Director Suzanne Gold at sgold@jewishlearningventure.org.

Create a space with a defined boundary (if within a classroom or larger space)

- Pillows
- Folding tent

Comfy/cushy seating

- Yoga mats
- Bean bag chair
- Pillows
- exercise balls

Visually calming

- Lava lamps
- Fiber optic lights
- Floating bubble tube

Tactile objects

- Weighted blankets/lap pads
- Sensory toys
- Hand held massager for vibration

Quiet/Calming Activities

- Books
- Puzzles
- Coloring

Auditory Accommodations

- Noise cancelling headphones
- Ear plugs
- Headphones with music

- White noise machine

Other items to include

- List of items in the room and how to use them
- Signage for the door
- Water and snacks
- Emotion wheel/emotion tracker