



SENSORY SPACE

on a budget

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QUICK TIPS...

COLORS TO USE

- When creating a calming or sensory space, think of God's creation (nature)
- Sensory friendly colors are typically muted tones and natural/neutral colors that can create a calming environment

PAPER
Inspiring, Fresh

SHELL PINK
Nurturing, Joyful

APRICOT
Creative, Playful

DUCK EGG
Calming, Inspiring

PISTACHIO
Healing, Refreshing

FOREST
Grounding, Balance

Source:
The Tretrad DigiTech,
2023

COLORS TO AVOID

- Primary and Bright Colors: Can be over-stimulating and disturbing
- Bright White: Can be too sterile and tiring for the eyes
- Red: Children with autism may perceive red as fluorescent
- Yellows: Can be very stimulating or stressful

QUALITY OVER QUANTITY

- Less is more when it comes to sensory and calming spaces— avoid clutter
- We encourage churches to buy less but higher quality
- It must stand up to wear and tear

LIGHTING

- Avoid artificial lighting; especially fluorescent lights
- Add dimmable lighting if possible
- Include bubble tubes, optic fiber, or LED strands for accent lighting

NOISE

- Sound seems amplified for those with sensory needs
- Use sound absorption panels, ceiling tiles, or felt squares for the wall
- Avoid noisy equipment or toys— even in early childhood

KEY PIECES THAT WON'T BUST YOUR BUDGET

- Soft fluffy rugs
- Floor rocker
- Padded area or mat, and crash pad
- Holiday string lights (hung ceiling height)
- Age-appropriate interactive wall activity
- Hug canoe
- Reflective bubble mirror
- Magnetic dry erase board
- Sensory Bags*
- Sensory Tools
 - *Hand-held bubble tubes*
 - *Duplos*
 - *Fidgets*
 - *Headphones*
 - *Textile objects*
 - *Wipeable weighted blanket*

SHOP OUR RECOMMENDED
ITEMS ON AMAZON!



WHAT ARE SENSORY BAGS?*

We've sourced and created a bag full of our recommended sensory items so you don't have to! (Bulk prices available for purchase.)

Purchase Here: www.shopabilitytree.org/products/sensory-bags

Sensory Bags Include:

- High quality commercial-grade draw-string backpack
- Noise-canceling headphones, Fidgets
- "Feelings & Needs" communication card



SENSORY SPACE BUDGET PYRAMID[©]

TIER 1

*Books,
Fidgets,
& Sensory Toys*

TIER 2

*Sound Machine, String
Lights, Gel Floor Tiles,
Acrylic Mirrors, Seat Cushions,
Soft Rugs, Magnetic Dry Erase Board*

TIER 3

*Crash Pad, Hug Canoe, Soft Play, Cocoon Swing,
Sensory Projector, Weighted Lap Pad, Floor Rocker, Mat*

TIER 4

*Light Up Table, Interactive Wall Panels, Platform Swing, Bubble
Wall, Bean Bag Chair, Dimmer for lighting, Soft Play Furniture*

TIER 5

*Sound Proof Room, Soft Flooring, Padded Walls, Acoustic Ceiling Tiles, Bubble
Tube with Platform, Fiber Optic Curtain, Platform Swing, Safety Window*

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CREATIVE BUDGETING

- Create an amazon or on-line registry list
- Create a “second-hand” registry
 - *Ask for families in the church to donate magna tiles, duplos, rocking chair, wood furniture or book shelves*
- Shop second hand (Facebook Marketplace, schools, daycares, hospitals)
- Host a community fundraiser
 - *Having a town fair? Sell cold water bottles!*
- Recruit church member crafters and makers
- Shop for “Oops Paint” at your local hardware or paint store
 - *Have them add white or gray to turn the paint into a muted color*
- Ask for donations from stores and companies
- Apply for grants

DIY IDEAS

Utilize resources like Pinterest, Etsy, and Youtube for inspiration to create your own sensory tools, interactive elements, and more!

Sensory Bottles



Interactive Wall Panels



Textile Boards





THANK YOU
FOR MAKING JESUS
ACCESSIBLE!

NEED MORE HELP?

Sign up for a no-
commitment 30 minute
call with our team!

