

Sensory Support

Ideas for Sensory Friendly Study Spaces

Sensory sensitivities or sensory-seeking behavior is common amongst people with neurodivergent minds. A sensory challenging environment can make focus, regulation, and productivity more challenging. Here are some ways you might adapt a study space or homework space to meet unique types of sensory needs:

– Visual –

- Lower lighting
- Avoid flickering, moving, or flashing lights
- Gentle color themes
- Allow sunglasses in brighter spaces
- For sensory seekers, add lights or movement (such as an ocean wave light)

– Auditory –

- Noise-canceling headphones or earbuds
- Keep volumes low or find a space that encourages lower volume (e.g. a library)
- Avoid unexpected, sudden, or unpredictable sounds (especially if loud)
- Listen to calming music or soundtrack

– Movement –

- Incorporate regular breaks for movement
- Have a nearby designated space for being active that's away from the study space itself
- Allow fidgets during work time if they aren't distracting
- Use resistance bands, rocking chairs, swivel chairs, or other moving options for longer periods of sitting

– Tactile –

- Utilize weighted lap pads, weighted vest, or weighted blanket during breaks
- Have texture based fidgets
- Make the space comfortable with sensory friendly material chair, blankets, pillows, or other comfortable items

– Olfactory (Smell) –

- Avoid strong or unpleasant smells
- Avoid air fresheners and candles if the scent is irritating or distracting



A sensory-safe study space starts with identifying which senses make focusing on schoolwork a challenge. Don't be afraid to get creative!

References:

[Sensory Processing Disorder: 50 School Accommodations Ideas](#)

No AI Statement:

This resource was made without the use of AI. All information used to create this guide is from my knowledge and experience in the field of psychology, coaching, education, and the above listed resources.

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