

Conducting a Sensory Audit

Sensory stimuli can impact children's ability to engage with the curriculum as it may overwhelm or distract children. Some sensory inputs can impact children's behaviour or act as triggers for children with specific needs. Conducting an audit of your environment and trying to identify and minimise different sensory aspects where appropriate can result in a more inclusive and child-focused environment that nurtures learning opportunities.

www.rare.support



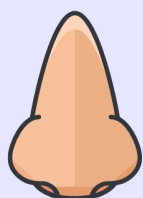
Sight

- Busy environments
- Items that move around
- Patterns
- Bright colours
- Flickering/flashing lights
- Reflective/shimmery surfaces



Sound

- Background music
- Loud voices
- Phones/bells/buzzers
- Electrical hums
- Toys with sounds/instruments
- Ticking clocks



Smell

- Cooking/kitchen
- Toilet/nappy change areas
- Chemicals/cleaners
- Perfumes and deoderants
- Air freshners
- Essential oils



Touch

- Textiles/fabrics
- Tags in clothing
- Fans/airconditioners
- Hanging items
- Resources/experiences
- Textures of food