

# DIY Sensory Room Checklist — 101autism.com

This checklist will help you design and maintain a sensory-friendly space for autistic children at home. It includes essential steps, affordable ideas, and safety measures. Adapt it to match your child's unique sensory profile.

## Step 1: Choose the Space

- Pick a quiet, low-traffic area
- Avoid harsh lighting or strong smells
- Ensure accessibility and safety

## Step 2: Define the Area

- Use a canopy, tent, or room divider
- Mark the area visually with rugs or mats

## Step 3: Add a Soft Base

- Foam mat or padded flooring
- Washable rug
- Large floor cushion or bean bag

## Step 4: Layer Sensory Inputs

- Warm, dimmable lighting
- Tactile wall panel or texture board
- Weighted lap pad or blanket
- Noise-reducing headphones

## Step 5: Add Movement Elements

- Small indoor swing or hammock (anchored safely)
- Peanut ball or wobble cushion

## Step 6: Create a Choice Basket

- 3 – 5 preferred fidgets or calming items
- Books or picture cards

## Step 7: Safety Checks

- Anchor heavy items
- Avoid cords within reach

- Use non-toxic materials
- Round edges and corners

### Step 8: Maintain & Adapt

- Swap 1 – 2 items weekly
- Observe child ' s reactions
- Adjust based on sensory needs