









Sensory legend


-  Crowded
-  Bright
-  Loud


-  Smell
-  Quiet Room

 **Sensory friendly**
An area where there are few sensory inputs and where sensory inputs are controllable or predictable.

 **Lower sensory**
An area where there are some sensory inputs but these are not overpowering or competing. Not likely to cause overwhelm.

 **Medium sensory**
An area with moderate levels of sensory input. There may be competing sensory inputs. These zones indicate the need for some strategies and have an increased chance of leading to overwhelm.

 **Higher sensory**
An area with heightened sensory input or with multiple overlapping/competing sensory inputs simultaneously. Requires the need for coping strategies and has a high likelihood of leading to overwhelm.

 **Sensory opportunity**
Indicates a potentially positive sensory space. There may be an opportunity for someone who finds pleasure in a particular sense to experience positive sensory stimulation in this zone.