

Sensory Room

User's Manual



Table of Contents

PAGE	TOPIC
2	Carousel Spinner
3	Teeter Popper
4	Wiggle Disc
5	Tunnel Mat
6	Foam Log Roller
7	Stepping Stones
8	River Landscape
9	Aurora Sky Projector
11	Infinity Lights Hand-held Tunnel
12	Blackout Tent
13	Large LED Cube
14	Small LED Cube
15	LED Sphere
16	Glitter Panels
17	Texture Multi-Sensory Discovery Balls
18	Tangle Fidget
19	Fidget Slugs
20	Comet Ball
21	Beanbag Cushion
22	Tactile Discs



Carousel Spinner

Description:

The **Carousel Spinner** seat is placed at a slight angle to allow individuals to propel the Carousel by shifting the body's center of gravity. It has a thick edge for a good grip. As you spin you can engage your muscles, fostering strength and coordination. Plus, this exciting ride stimulates the vestibular sense, enhancing balance and sensory development.

How to use:

- Sit on the carousel either with your legs crossed or with your feet on the ground
- Place your hands on the sides of the carousel and set the Carousel in motion by shifting their center of gravity

Its purpose:

- Balance training- helps train the muscle strength of the limbs and improve individuals ability to control the body
- Coordination of both the brain and various physical functions.
- Concentration

Which equipment and set-up section it belongs to:

- The Gonge Carousel Spinner belongs to our **stimulation** section.



Teeter Popper

Description:

The **Teeter Popper** improves core strength, stability, leg strength, balance, coordination and gross-motor skills. Curiosity wakes up, senses come alive, imagination engages, and creativity gets moving!

How to use:

- Stand, sit, kneel, rock, tilt, and/or wobble

What it can help with:

- Improving core strength and stability, balance, coordination and gross-motor skills.
- Inspiring creativity, stimulating senses, and engaging imagination
- Sensory experiences through touch, sound, visually etc
- Sensory integration or using it in a way that promotes the auditory senses.

Which equipment and set-up section it belongs to:

- The Teeter Popper belongs to both our **calming** and **stimulation** section.



Wiggle Disc

Description:

The **Wiggle Disc** helps get all the wiggles out. Amazing for individuals with ADHD or Autism, this resource allows for individuals to move around in their seats while still paying attention. These amazing discs also assist with working and strengthening core muscles.

How to use:

- Place it on a chair or on the ground where you can sit on it comfortably
- Sit on the disc and wiggle or move around
- You can guide your child through a series of seated exercises while they sit on the wobble cushion. This can include leg lifts, toe taps, or trunk rotations, promoting motor skills development
- Combine the wobble cushion with other sensory integration activities, such as tossing and catching a beanbag while sitting
- Incorporate the wobble cushion into sensory breaks. Allow your child to sit or lay on the cushion while engaging in deep breathing exercises or sensory activities like listening to calming music or squeezing a stress ball.

What it can help with:

- Easing overstimulation
- Paying attention
- Motor skills development
- Sensory processing skills.

Which equipment and set-up section it belongs to:

- The wiggle disc belongs to our **calming** and **stimulation** section.



Tunnel Mat

Description:

The **Tunnel Mat can be used for** Crawling or scooting and can enhance the physical activity they are gaining from other play pieces. Developing Motor Skills: Exploring tunnels can help individuals develop their gross motor skills, coordination, and body awareness.

How to use:

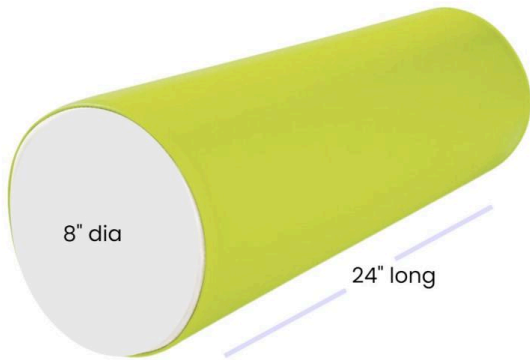
- Lay it flat for tumbling and yoga
- Roll it up to form a tunnel that kids can crawl through
- Pretend you're a snake slithering through the tunnel
- Stand on the mat and dance to the rhythm of your favorite song

Its purpose:

- Encourage movement-based activities for kids with sensory needs
- Supports kids with anxiety, sensory processing disorder and autism

Which equipment and set-up section it belongs to:

- The calming vibration pillow belongs to our **stimulation** section.



Foam Log Roll

Description:

The **Foam Log Roll** is Great for independence in Physical Therapy Programs and gross motor play environments that develops self-confidence, initiative and trust! Enhances motor planning skills, body awareness, and bilateral coordination, promoting overall physical development.

How to use:

- Control your body as you slowly lower the targeted area so it's centered above the roller.
- Lower your body onto the foam roller until you reach a point of discomfort (but not pain) and hold it there.
- Hold for 20-30 seconds
- The pressure alone provides benefits, but you can also roll slowly back and forth to further stimulate the area.
- Continue to move slowly along the muscle with the roller, stopping and holding in the areas that need more focus.

Its purpose:

- Easing anxiety and stress
- Easing overstimulation
- Ease body tension

Which equipment and set-up section it belongs to:

- The Foam Log Roll belongs to our **calming** section.



Stepping Stones

Description:

The **Stepping Stones** work to create a variety of fun gross motor activities. This set is great for working on motor planning, balance, core strengthening, and coordination skills. Each stone has a different height, which creates added challenge and encourages individuals to think about their steps, engaging both the mind and body.

How to use:

- Place stepping stones in a row, or incorporate them into an obstacle course
- Step on the stones by color and height, or just line them up for a fun, easy to set up, and engaging balance activity
- Individuals can start out with the shorter stones with small steps, and move to test their skills by stepping over larger gaps on the taller stones
- Maximum weight: 150lbs

Its purpose:

- Stimulating effect for individuals
- Encourages individuals to think about their steps, engaging both the mind and body
- Improve balance, gross motor skills, coordination, and overall muscle tone

Which equipment and set-up section it belongs to:

- The stepping stones belong to our **stimulating** section.

River Landscape



Description:

The **River Landscape** is an exciting balanced landscape with no less than 25 elements which can be combined in any number of ways. This set provides innumerable options for balance training, movement exercises and group play.

How to use:

- Connect a series of scenarios with perceptions, creating a multi-layered garden across different tangible and intangible landscapes

Its purpose:

- Helps develop gross motor skills for children of all ages
- Activity can be adapted to follow the evolution and age of children

Which equipment and set-up section it belongs to:

- The River Landscape belongs to our **stimulation** section.



Aurora Sky Projector

Description:

The **Rove Aurora Sky Projector** creates a relaxing and out-worldly environment in any room! It is a great addition to any room to project a majestic sky light, northern lights, and aurora borealis effect with a starry night light projector on the ceiling or wall.

How to use:

- **Power Button:** Touch once to turn ON and OFF the projector.
- **Aurora Button:** The default lighting effect is Aurora, which is LED lighting changing automatically with the sequence of red, green, blue and laser lighting fade in and out.
 - Press the "Aurora" button once to switch to the VoiceControl mode which makes the projector's LED lights and laser responsive to the beat of the music.
 - Press the "Aurora" button again to go back to the LEDlighting effect without the laser lighting.

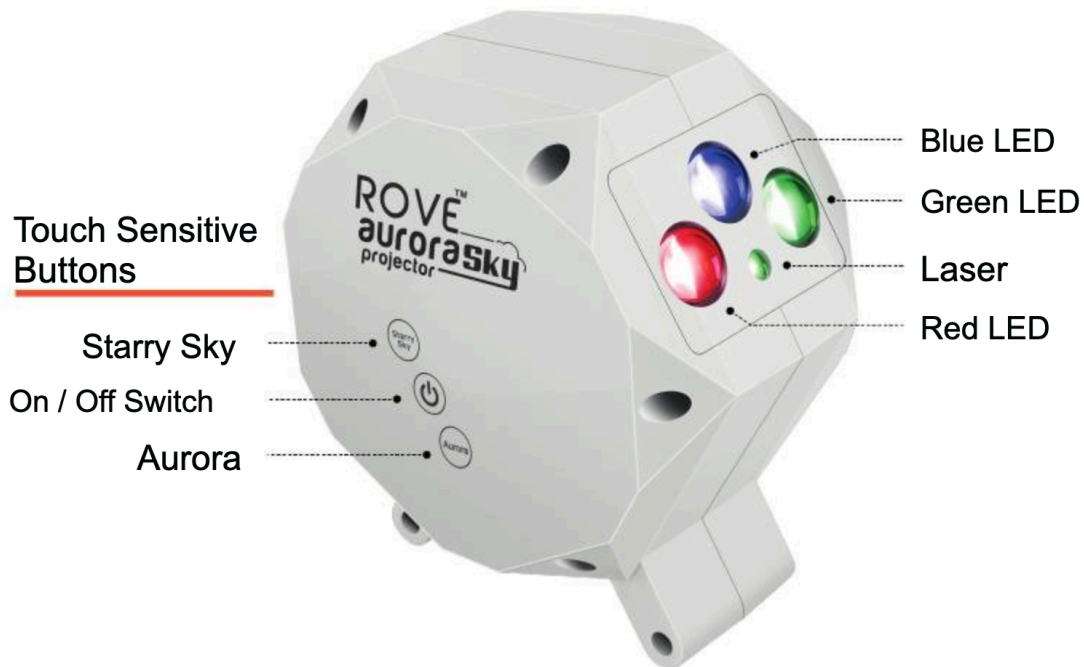
- **Bluetooth:** The Bluetooth feature of the projector is turned ON by default, and you will hear a voice prompt saying, "Bluetooth Mode" when you turn ON the projector.
 - Now, turn ON the Bluetooth (found in settings on your device) on your smartphone, tablets, computer, or other devices, and set it to search for a new device.
 - Select the "ROVE AuroraSky Projector" from the list of devices.
 - Once paired, you will hear a voice prompt, "Bluetooth Pairing Successful."
 - Now, you should be able to play music and other audio from your device through the ROVE Aurora Sky Projector

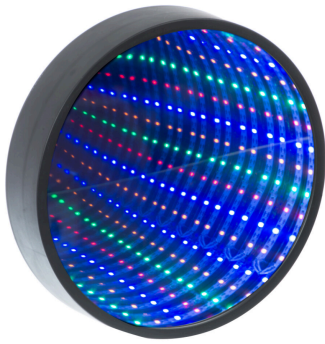
Its purpose:

- Easing anxiety and stress
- Easing overstimulation
- Calming and soothing the brain

Which equipment and set-up section it belongs to:

- The rove aurora sky projector belongs to our **calming** section.





Infinity Lights Hand-Held Tunnel

Description:

The **Infinity Light Hand-Held Tunnel** is a sensory light that is a Cortical Visual Impairment (CVI) friendly sensory tool. Assisting play focus by using toys that have clear lights are one of the components sought out during sensory light play in darkened spaces.

How to use:

- Look at yourself reflected back
- Try it inside the blackout tent for more focus

Its purpose:

- Easing anxiety and stress
- Easing overstimulation
- Calming and soothing the brain
- Stimulating the visual sense

Which equipment and set-up section it belongs to:

- The infinity light hand-held tunnel belongs to our **calming** section.



Blackout Tent

Description:

The **Blackout Tent** can work to relieve anxiety and/or be used to simply pass the time by a safe and comfortable space. It is amazing for individuals with Add or ADHD and/ or individuals with OCD or high stress/ anxiety levels.

How to use:

- No assembly needed, it's a instant screen room pop-up tent, and is easy to fold and store in the carry bag
- Explore different sensory tools that light up or glow in the dark

Its purpose:

- Helps for quiet thinking in a relaxed environment
- Helps individuals feel secure and focused
- Blocks all outside light, providing a safe, stimulation-free environment for children to calm down
- Helps to return to calmness

Which equipment and set-up section it belongs to:

- The blackout tent belongs to our **calming** section.



Large LED Cube

Description:

The **Large LED Cube** works on visual attention and color recognition skills as you watch the colours slowly change. Teach cause and effect by allowing individuals to choose different modes on the remote control. LED lights do not generate heat, so the cube is safe to touch.

How to use:

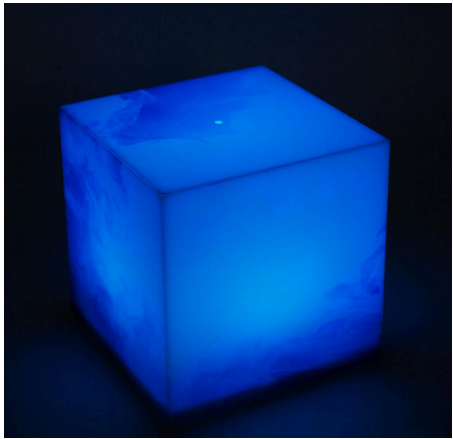
- Focus on the changing colors to practice mindfulness
- Sit on the cube (maximum weight 250lbs) - no standing

Its purpose:

- Calming effect for individuals with autism, sensory processing disorder or anxiety
- Sets a calming mood
- Provides visual stimulation

Which equipment and set-up section it belongs to:

- The LED cube belongs to our **calming** section.



Small LED Cube

Description:

The **Colour Morphing Cube** brings colour and calm to any space with this contemporary illuminated sensory cube, the LED Sensory Mood Cube. Use this cube as a fun educational toy for colour learning or as a visual sensory tool to relax and unwind with. The cube has 4 auto modes and 16 changing colours to make it ideal for different environments

How to use:

- Can be controlled via the included infrared remote control
- Change the colours to fit your environment and mood and relax

Its purpose:

- Easing anxiety and stress
- Easing overstimulation
- Calming and soothing the brain
- Used for relaxing

Which equipment and set-up section it belongs to:

- The colour morphing cube belongs to our **calming** section.



LED Sphere

Description:

The **LED Sphere** has a rechargeable battery that lasts for eight to twelve hours. Use the included remote to cycle through different modes.

How to use:

- Experiment with different modes and see which feel calming and which feel energizing
 - Flash mode: 17 continuous colours
 - Strobe: white
 - Fade: 7 colours
 - Smooth: 7 colours flow from one to the next on the spectrum
 - Use the remote to control speed, and adjust brightness when in static mode
- Focus on the changing colors to practice mindfulness
- Do not throw

Its purpose:

- This piece of sensory equipment provides a therapeutic sensory experience
- Great for calming overstimulated or agitated users, as well as helping more reluctant individuals explore and open up.

Which equipment and set-up section it belongs to:

- The LED ball belongs to our **calming** section.



Glitter Panels

Description:

The **Glitter Panels** offer a fascinating sensory and magical perspective of their environment; as the glitter twists and swirls the movement will capture your curiosity.

How to use:

- Hold the panels up to a sunlit window or a light panel to watch the sparkling colors dance

Its purpose:

- Easing anxiety and stress
- Easing overstimulation
- Calming and soothing
- Bringing out curiosity

Which equipment and set-up section it belongs to:

- The glitter panels belong to our **stimulation** section.

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Textured Multi-Sensory Discovery Balls

Description:

These **Textured Multi-Sensory Discovery Balls** have different textures for tactile exploration and sensory development. Their bright colors are ideal for visual stimulation and can spark individuals' imagination.

How to use:

- Squeeze and stretch
- Individuals can use them while also doing other activities such as reading, walking, talking and more

What it can help with:

- Easing anxiety and stress
- Easing overstimulation
- Calming and soothing the brain
- Strengthening hand muscles and fine motor skills
- Can help channel individuals' excess energy in a non-disruptive way.

Which equipment and set-up section it belongs to:

- The textured multi-sensory discovery balls belong to our **calming** and **stimulation** section.



Tangle Fidget

Description:

This **Tangle** is made from a soft rubberized material, with 20 interconnected twistable pieces. Soft, textured rubber bumps on this Tangle provide a one-of-a-kind sensory and tactile experience in your hands. It helps with the constant need to keep hands busy.

How to use:

- Squeeze, hold or twist it
- Brain tool
- A puzzle

What it can help with:

- Hand and Wrist therapy
- Minor stress and anxiety relief
- Refinement of fine motor skills
- Calm stimming behaviours
- Improve Focus

Which equipment and set-up section it belongs to:

- The tangle belongs to our **calming** section.

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Fidget Slugs

Description:

The **Fidget Slugs** are perfect for kids, adults and teens with anxiety and ADHD. The sensory slug provides a unique and fun way to alleviate stress.

How to use:

- Squeeze it
- Rotate it 360 degrees; it has a total of 19 joints, and is super flexible
- Hold in your hand
- Walk around with it

What it can help with:

- Easing anxiety and stress
- Easing overstimulation
- Calming and soothing the brain
- effectively help individuals to relax and focus
- improve the ability of hand-eye coordination, motor skills, and thinking

Which equipment and set-up section it belongs to:

- The fidget slugs belong to our **calming** section.



Comet Ball

Description:

The **Comet Ball** is a soft inflatable vinyl ball with rainbow streaming ribbons attached. Watch as the bright colours soar through the air, providing a fun visual experience. The bright colours on this ball make it a great visual sensory tool to encourage visual tracking.

How to use:

- Hand-eye coordination games,
- Target activities, and adapted ball sports are supported with this unique ball

Its purpose:

- Develop gross motor skills
- Visual sensory tool to encourage visual tracking

Which equipment and set-up section it belongs to:

- The comet ball belongs to our **stimulation** section.



Beanbag Cushion

Description:

The **Beanbag Cushion** is extra-soft and mellow providing a sense of security and calm. Using a beanbag cushion is a great way to get the proprioceptive input individuals need.

How to use:

- Hug the cushion
- Sit on the cushion either on your knees, bottom or stomach
- Run your fingers over it feeling the unique textures, squeeze it, or simply hold it

What it can help with:

- It is helpful for positioning individuals with limited mobility. Individuals who cannot hold themselves upright in a standard chair can get the right support from an upright beanbag cushion
- It can help individuals self-regulate, allowing them to feel physically safe, comfortable, and secure in their environment
- The textured fabric provides tactile input that can be rubbed or squeezed and doubles as a calming fidget.

Which equipment and set-up section it belongs to:

- The beanbag cushion belongs to our **calming** section.



Tactile Discs

Description:

The **Tactile Discs** challenge individuals' sense of touch on both hands and feet. At the same time, it develops the ability to describe sense impressions verbally. In terms of playing, the discs offer innumerable possibilities ranging from a fundamental sensing of the tactile structures to blindfold games based on memory and recognition.

How to use:

- Squeeze and hold it
- Step on them or jump from disc to disc
- Describe what you feel

Its purpose:

- Develops physical strength and motor skills
- Weight transfer, familiarity with heights, physical coordination and agility –
- Sensorimotor abilities, such as awareness of posture, sense of touch and balance.

Which equipment and set-up section it belongs to:

- The gonge tactile discs belong to our **stimulation** section.