

Early Learning Sensory Space Audit

10 Physical Environmental Adjustments for Classrooms and Homes

Educational Room Reflection: Sit directly on the floor at child height for five minutes during a quiet morning moment. Observe sound reverberation, lighting glare, movement pathways, and visual wall load before adjusting furnishings or schedules.

- ☐ **1. Sit at Child Eye Level** PERSPECTIVE
Sit on the rug in the room centre. Notice whether lighting shines directly into seated sightlines and if walking routes look clear, inviting, or confusing.
- ☐ **2. Test Floor Auditory Reverberation** ACOUSTICS
Clap firmly once at floor level. If the sound rings sharply off bare floorboards or high plaster ceilings, introduce woollen rugs or canvas cushions to catch the echo.
- ☐ **3. Break Up Fast Runways** SPATIAL LAYOUT
Interrupt long open corridors between doorways and toy shelves. Position low timber bookcases at gentle angles to invite walking feet rather than running.
- ☐ **4. Buffer Chair Leg Scraping** SOUND DAMPENING
Check chair legs across timber and tiled areas. Fit durable felt pads or silicone caps beneath legs to prevent sharp scraping sounds when children stand up.
- ☐ **5. Create Perimeter Seating Anchors** PHYSICAL SAFETY
Place activity tables near solid walls or low dividers so sensitive children sit with their backs protected, rather than feeling exposed in open room centres.
- ☐ **6. Audit Wall Visual Saturation** VISUAL REST
Count display posters visible from a single play spot. Maintain blank wall spaces and rotate artwork gradually so young eyes have neutral places to rest.
- ☐ **7. Soften Overhead Light Glare** LIGHTING
Turn off banks of buzzing fluorescent tubes when natural daylight is sufficient. Use warm lamps with fabric shades at eye level for quiet reading and tabletop work.
- ☐ **8. Establish an Opt In Quiet Haven** RESTORATION
Set up a cosy nook bounded by two walls with soft floor cushions and low visual distractions, giving tired children a place to reset without isolation.
- ☐ **9. Protect Focused Play Traffic Lines** CIRCULATION
Map foot traffic toward the washroom, sink, and exit doors. Ensure busy movement paths do not cut across constructive floor building or quiet reading mats.
- ☐ **10. Screen Room Scent and Air Quality** COMFORT
Check for lingering synthetic room fresheners, strong essential oils, or sanitiser fumes. Switch to fragrance free cleaning products to protect sensitive thresholds.

A Gentle Disclaimer: This checklist reflects early childhood development scholarship and family lived experience. It is provided for general supportive and educational purposes only and does not constitute paediatric, clinical, or occupational therapy advice. Every child develops at their own unique pace with distinct sensory profiles. If you have concerns about your child's sensory processing, please seek individual guidance from your GP or an accredited paediatric occupational therapist.

SAFETY NOTICE: Ensure spaces remain clear of sharp corners, unsecured shelving, and electrical cords. Always practise physical movement on non-slip surfaces.