

The Sensory Hallway

Every child has different sensory needs.

What is calming to one child may be overwhelming to another child. To increase attention and focus in the classroom, kids need tools to help self-regulate. Self-regulation is the process of taking in sensory input (what you see, hear, taste, smell, touch, etc.), and initiating a response which allows a child to participate in their everyday activities.

This year, at St. Patrick's School, we had a group of Maryville University occupational therapy students help us implement a Sensory Hallway in our pre-school and kindergarten floor. A sensory hallway, through rhythmic movement and sensory exploration, allows kids to regulate their bodies, increasing attention and participation in the classroom.

We are so excited for this opportunity to have a Sensory Hallway at St. Patrick's School. We will be using this hallway for sensory breaks in the classroom, transitions between classes, indoor recess, and calming opportunities for kids.

Breakdown of the Sensory Hallway

*The sensory hallway is made up of three parts:
a sensory walk, sensory panels, and a calming corner.*

1

The sensory walk includes pathways, obstacles, & movement exercises. The sensory exercises and walk provide whole body movements such as, bunny hops, wall push-ups, cat/cow exercise, hopscotch, etc. These movements help with motor planning, executive functioning skills, regulation of the body and attention in the classroom.



2

The sensory panels provide an opportunity for kids to explore their senses, specifically everything they see, touch, and hear, through fine motor activities. The sensory panels also have dressing boards for learning important skills for independence, including buttoning, zipping, and tying laces!



3

The calming corner is a relaxing space where kids can go if they are feeling a wide range of emotions, such as feeling tired, upset or angry. In the calming corner kids can work on identifying their emotions and implementing healthy coping strategies to help with self-regulation and social skills!



EARLY CHILDHOOD SENSORY HALLWAY



Sensory Hallway pictures continued....

