






### 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.