



## **“Starting up”**

### **Sample Wish List for Starting up a Basic Sensory Room:**

- Bubble Lamp(s) with safety bracket(s)-acrylic mirrors behind
- Large beanbag chairs
- Rocking chairs & glider rockers
- TV with VCR/DVD
- Large scenic posters/mural
- A comfortable rug
- A book shelf
- A variety of self-help books
- A locked cabinet
- Stereo
- CD players with headphones
- Assorted types of music
- Nature and relaxation CDs
- Yoga mats
- Therapy & exercise balls
- Lighting/projector–various options
- Ceiling effects–various options
- Weighted vests/weighted blankets/weighted lap pads
- Wrist & ankle weights
- A sound machine
- A flowing water fountain
- Bins with assorted items for each sensory area
- Aromatherapy diffuser kit
- A meditation bell
- Journaling & Art supplies
- A guitar
- A keyboard
- Window treatments
- A dimmer switch for the lighting