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# Promoting Sensory Environments and Strategies for Tennessee Baptist Children's Homes

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# Promoting Sensory Environments & Strategies for Tennessee Baptist Children's Homes

Emma Mace OTD/S

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Belmont University School of Occupational Therapy



## Agency Mission

"Tennessee Baptist Children's Homes provides Christ-centered, nurturing homes for children in hard places through compassionate on-campus homes and foster families."

## Identified Needs

- Redesign of the campus sensory room
- Education regarding sensory strategies to assist children with self regulation
- Increase houseparents awareness of sensory processing in order to best support children in their care.

## Project Goals

- Promote increased education and understanding of sensory processing and sensory preferences of children and houseparents through collaboration and training.
- Provide education to children and houseparents regarding alerting and calming sensory input and how to utilize in their daily lives.
- Allow each child to explore their sensory preferences, create a sensory plan, and implement use of a sensory toolkit to assist with self management.
- Provide staff a resource to recreate sensory exploration and planning activity with new children as part of the intake process.
- Complete design of sensory modulation room along with policies and procedures manual to use in the space.

## Sensory Exploration/Plan Activity



This emotional regulation scale was created to be used before & during the sensory exploration activity, with use of sensory tool kits, as well as to be posted in the sensory room.

SENSORY EXPLORATION WORKSHEET		How	When	How	When
Smelling (Jacks)					
Whistle/Turner Walk					
Deep Breathing					
Push Ups					
Stretching					
Weighted Blanket/Tray					
Compass					
Personal Sticks					
Classroom Candy					
Sour Candy					
Blow on Pinwheel					
Preparation Game					

Each child, staff member, and houseparent completed a sensory exploration activity where they rated if different stimuli were calming, alerting, or had no effect in order to increase understanding of sensory preferences.

**MY PLAN**  
WHEN I NEED TO SLOW DOWN

I can listen to: \_\_\_\_\_

I can look at: \_\_\_\_\_

I can smell: \_\_\_\_\_

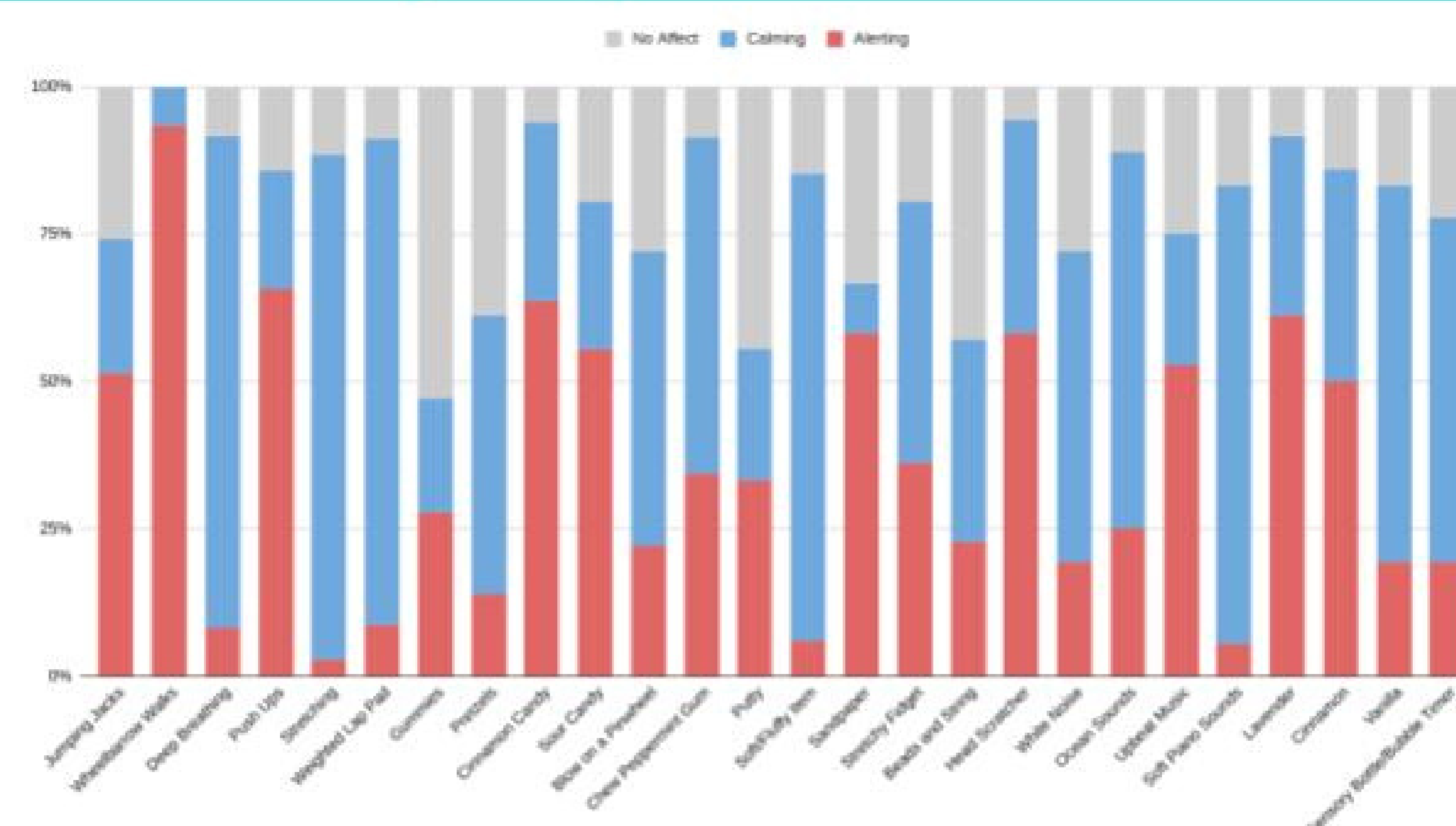
I can touch: \_\_\_\_\_

I can taste: \_\_\_\_\_

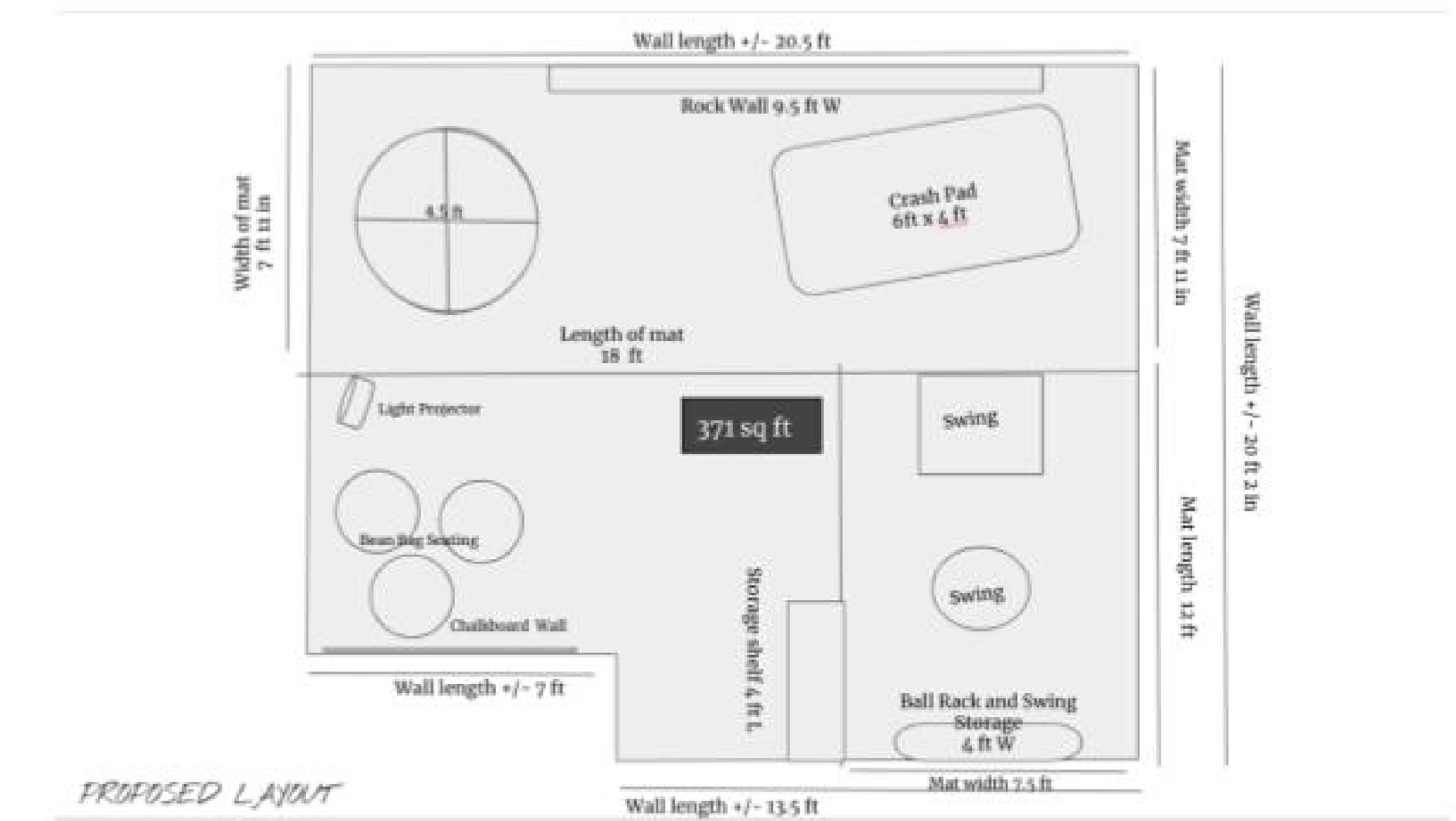
What can I do with my body? \_\_\_\_\_

Each child then created a sensory plan, one with alerting strategies and another with calming strategies. Using the sensory plan, each child created a sensory tool kit with items they had around their house/on campus.

## Sensory Exploration Results



## Renovation Design



## Acknowledgments

This project would not have been possible without the guidance of Dr. Christine Manville and Rees Greenman. Thank you to the staff, houseparents and children of TBCH for welcoming me with open arms and supporting every step of this project. "I thank my God every time I think of you."