Sensory FRIENDly Framework Guide

Directions: The **FRIEND** framework. Use this guide to get you started on building a simple, sensory-friendly classroom.

F — FLEXIBLE SEATING

Offer various seating options such as bean bags, or standing desks to accommodate different sensory preferences and needs.

- ✓ **Stability balls**
- ✓ **Standing desks**
- ✓ **Swivel chairs**
- ✓ **Wiggle cushions**
- ✓ **Rocking chairs**
- ✓ **Yoga mats**

R — REGULATED LIGHTING

Adjust the brightness levels of the lights in the classroom, to lessen sensory discomfort.

- ✓ **Blinds/Curtains**
- ✓ **Dimmable lights**
- ✓ **Light filters**
- ✓ **Lighting zones**
- ✓ **Natural light**
- ✓ **Task lighting**

I — INDIVIDUALIZED SENSORY TOOLS

Provide sensory tools like fidget toys and stress balls, to help students regulate their sensory input based on their individual needs.

- ✓ **Fidget toys**
- ✓ **Stress balls**
- ✓ **Texture boards**
- ✓ **Tactile toys**
- ✓ **Visual timers**
- ✓ **Weighted blankets/vest**

E — ENGAGING SENSORY ACTIVITIES & STATIONS

Incorporate sensory activities into lesson plans, or create sensory exploration stations to provide opportunities for hands-on learning and sensory stimulation.

- ✓ **Play-Doh activities**
- ✓ **Sensory bins**
- ✓ **Water table**
- ✓ **Finger painting**
- ✓ **Textured collages**
- ✓ **Sensory exploration stations**

N — NOISE MANAGEMENT

Implement noise-reducing strategies to create a calm and quiet environment.

- ✓ **Background music**
- ✓ **Noise-canceling headphones**
- ✓ **Noise-monitoring tools**
- ✓ **Quiet corners/ Quiet time**
- ✓ **White noise machines**

D — DESIGNATED SENSORY BREAKS

Schedule regular sensory breaks throughout the day/lesson/period

- ✓ **Deep breathing exercises**
- ✓ **Stretching routines**
- ✓ **Calm-down corner**
- ✓ **Guided mindfulness meditations**
- ✓ **Movement breaks**

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