**SENSORY HOUR FOR NEURODIVERGENT CHILDREN & YOUNG TEENS**

**Program Structure**

* **Quiet, Low-Stimulation Environment**: Consider dimming lights, lowering noise levels, and minimizing sudden sounds or announcements during this time.
* **Activity Stations**: Instead of one structured event, offer multiple stations that allow for free movement and choice, such as:
  + Sensory bins (kinetic sand, rice with hidden objects, textured fabric, playdough)
  + Weighted lap pads or stuffed animals
  + Balance cushions or wobble seats
  + Fidget toys (spinners, poppers, stress balls, squishies, legos, magnetic tiles)
  + Art station with coloring, modeling clay, or paint sticks
  + Building area with LEGO or magnetic tiles
  + Cozy corner with bean bags and noise-canceling headphones
* **Interactive Elements**: Consider a soft music station or guided sensory experiences like bubble tubes, light projectors, or gentle movement activities.

**Sensory Stations & Activities by Age Group:**

🖐 **Hands-On Exploration**

* **Ages 6-10**: Sensory bins
* **Ages 11-15**: Clay sculpting, DIY stress balls, essential oil-infused sensory jars.

🛠 **Fidget & Fine Motor Activities**

* **Ages 6-10**: Fidget tools
* **Ages 11-15**: More complex building challenges with LEGO or K’NEX, Rubik’s cubes, beaded bracelets.

📚 **Quiet & Calming Zone**

* **Ages 6-10**: Picture books, soft bean bags, weighted lap pads, light-up sensory bottles.
* **Ages 11-15**: Cozy reading nook with graphic novels, writing journals, noise-canceling headphones.

🎨 **Creative Expression**

* **Ages 6-10**: Coloring pages, sticker collages, scratch art, simple craft projects.
* **Ages 11-15**: Guided creative writing prompts, painting with soft brushes, DIY zines.

🌀 **Movement & Self-Regulation**

* **Ages 6-10**: Balance cushions, resistance bands, small obstacle courses with stepping stones.
* **Ages 11-15**: Gentle stretching/yoga, weighted blankets, guided breathing exercises.