



LOW SENSORY ROOM

How to use this space?



X



POLISH
TOURISM
ORGANISATION

X



POLAND
CONVENTION
BUREAU

WHAT IS A LOW SENSORY ROOM?

It is a specially designed, calm space where you can give your nervous system a break, rest from sensory overload, and return to balance. It's a place for people who experience sensory overwhelm, stress, or tension - or who simply need a moment to regulate and unwind.





MORPHING BAG

You can lie down comfortably, put on the headphones (disposable covers are available), use an eye mask (disposable tissues/pads are available), and - optionally - place a weighted bag on your body, for example on your chest.



ROCKING CHAIR

Sit comfortably and allow yourself to gently rock. If you need, you can use the noise-cancelling headphones (disposable covers are available), an eye mask (disposable tissues/pads are available), a weighted shoulder wrap, a weighted lap pad, or a weighted bag. On the cart you'll also find stress balls and other sensory items.



BEAN BAG

Sit comfortably. If you need, you can use the noise-cancelling headphones (disposable covers are available), an eye mask (disposable tissues/pads are available), a weighted shoulder wrap, a weighted lap pad, or a weighted bag. On the cart you'll also find stress balls and other sensory items.

A woman is lying on a dark, textured mat. She is wearing a pink and black patterned weighted item on her back. Her hands are resting on the mat. She is wearing a pink ribbed long-sleeved shirt and blue jeans. The background is a light-colored, textured wall.

WEIGHTED ITEMS

They provide deep, even pressure that supports nervous system regulation and a sense of safety in the body. For many people, they are helpful during sensory overload, tension, or excessive arousal.

You can use them while sitting or lying down, choosing the form that best suits your needs.

WEIGHTED SHOULDER WRAP

Provides even pressure on the shoulders and upper arms, helping to reduce tension and increase a sense of stability in the body.



EYE MASK

Reduces visual input, which makes it easier to calm down, focus on the body, and regulate during sensory overload.



WEIGHTED BAG

Provides deep pressure to selected parts of the body, supporting nervous system calming and tension regulation.



WEIGHTED LAP PAD

Gently presses on the legs or torso/chest, helping the body relax and reduce tension.



ITEMS FOR TOUCH STIMULATION

They help regulate tension and arousal through contact with different textures and resistance under the fingers. For many people, they are helpful when they need to calm down, release tension, or focus attention on bodily sensations. You can use them at any time, for as long and in whatever way feels comfortable for you.



FIDGET TOYS

Squeezing and kneading help release tension, calm the body, and keep the hands busy with a simple, repetitive movement.



MINERAL BALLS

Rolling them in your hands provides pleasant, cool stimulation and helps focus attention on bodily sensations.



SENSORY PANELS

They allow you to explore different textures and resistance under your fingers, supporting regulation and grounding in the body.



SENSORY BALLS

Touching and rolling it in your hands provides stronger tactile stimulation and helps release tension.



ITEMS FOR VISUAL STIMULATION

They help calm the nervous system by watching slow, predictable movements and changes. For many people, they are helpful during sensory overload, restlessness, or racing thoughts. You can look at them for a moment or for as long as you need.



LAVA LAMP

Slow movement and changing shapes help calm the eyes and reduce tension.



SENSORY TIMERS

Watching the slow flow of liquid or glitter helps organize attention and quiet racing thoughts.



SEQUIN SENSORY PANEL

Moving the sequins creates calm, repetitive patterns that help regulate and focus the eyes.





NOISE-CANCELLING HEADPHONES

Hearing is often one of the fastest to become overstimulated senses - noise, conversations, and sounds from the environment can quickly lead to overload and fatigue. Noise-cancelling headphones help reduce the amount of auditory input and give the nervous system a moment of relief. This makes it easier to regulate, calm down, and return to a better level of comfort.

WE CARE ABOUT HYGIENE

To help keep things hygienic, please use a disposable tissue under the eye mask and disposable covers for the noise-cancelling headphones.



PLEASE DISINFECT AFTER USE

After using the stress balls, mineral balls, timers, and sensory panels, please disinfect them with the spray. You can also disinfect them before use for your own comfort.



X



X



www.mamypodonie.pl
www.pot.gov.pl