WHAT IS IN A RELAXATION ROOM AND HOW CAN I USE IT?
**What is it called?**
Chewing Gum

**What does it do?**
Chewing can be beneficial to everyone. The “heavy” sensory input provided to the mouth and jaw when chewing (known as proprioception) can help calm the nervous system when overstimulated, nervous, or overwhelmed (like how people bite their nails when they’re nervous). It can help “rev up” the nervous system when bored or in need of additional sensory input. Chewing can also help people to focus when they need to concentrate or block out distractions or stressors in their environment.

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**What is it called?**
Chewy

**What does it do?**
Oral motor tools can be called chewy’s. They are specially designed to go in the mouth. They help people with Autism who have feeding difficulties, oral motor problems, or crave chewing. They also work well for people who have sensory integration challenges. When using a chewy, you should always check that they are safe, FDA approved, durable, and BPA free. Chewy’s can also be used to redirect people from chewing their nails, hair, clothes and shirt collars.
**What is it called?**

**Jelly**

**What does it do?**

The slimy jelly is fun to move and manipulate. It can help people to feel calm and is a quiet sensory activity.

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**What is it called?**

**Slimy Toys**

**What does it do?**

Slimy toys can provide a fun squishy tactile and visual experience. They are fun to move and manipulate and are also a good fidget for helping with concentration. The more colours and textures they have the more they provide a sensory experience for the person.

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**What is it called?**

**Tent**

**What does it do?**

A tent can create a small dark space for the person to retreat to and give time and space if the person is feeling anxious or over sensitive to sensory stimuli.

A relaxation space should not stimulate the person too much but enhance the calming feeling and be adapted to suit the person’s needs.

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**What is it called?**

**Sticky Men**

**What does it do?**

These slimey characters have long flexible limbs allowing the person to create a great range of poses and are brilliant for aiding concentration and keeping hands busy.
What is it called? Weighted chain
What does it do? This weighted chain weighs a quarter of a pound. The bracelet can create soothing sensations of pressure that can help people who are sensory seeking. This bracelet can be used as a fidget on the wrist or in the hand.

What is it called? Eni Puzzle Charm
What does it do? The Eni Mini Puzzle has different rows of coloured tiles and one empty slot. The coloured tiles slide up and down and spin horizontally for hours of creative, challenging, and are great for the sensory seeker.

What is it called? Squidgy Toy
What does it do? Stretchy, squishy toys can be manipulated in all number of ways and have a pleasing, tactile texture. They are great for stress relief.

What is it called? Bouncy Balls
What does it do? Small soft balls can provide a great fidget and are easy to hold in the hand. They are great for outdoor use, and can help people to feel relaxed.
<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Playdoh</td>
<td>Modelling clay can be great for fine motor skills and bilateral coordination skills. (The ability to use both sides of the body at the same time)</td>
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<tr>
<td>Tiger Balm</td>
<td>Some people with Autism can like strong smells. The tiger balm can be used as a pleasant smell.</td>
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<tr>
<td>Fairy Lights</td>
<td>The use of fairy lights creates a calming effect and are therapeutic to use in a relaxation room.</td>
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<tr>
<td>Spinning Light</td>
<td>A rotating light that projects kaleidoscope patterns onto nearby surfaces can be calming and relaxing.</td>
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<tr>
<td>Fiber Optic lights</td>
<td>Fiber optic light offers a calming visual for people of all ages.</td>
</tr>
<tr>
<td>Relaxation Book</td>
<td>A relaxation book can provide pleasant pictures to look at. It can provide a distraction if the person is feeling anxious.</td>
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</tbody>
</table>
**What is it called?**
Relaxation Box

**What does it do?**
A relaxation box is great to help people have items in one area that will help them to feel relaxed and calm, while providing something for every sense.

**What is it called?**
Colouring book and Colouring Pencils

**What does it do?**
Colouring books are great for relaxation, concentration and fine motor skills.

**What is it called?**
Cushions

**What does it do?**
Cushions are great to aid relaxation in the tent or relaxation space.

**What is it called?**
Bean Bags

**What does it do?**
Bean Bags are great for fidgeting and are good for shaking, squishing, jiggling, and squeezing.

**What is it called?**
Light

**What does it do?**
Small projector unit that projects a starry sky across the ceiling of a relaxation space.

**What is it called?**
Chicken

**What does it do?**
A fun sensory toy, that can allow the person to concentrate and keep hands busy.
What is it called? Fidget
What does it do? This fidget is a flexible, woven plastic tube. When the fidget is small they are great for students to use something discrete.

What is it called? Bracelet
What does it do? Thick durable bracelets are good for those who are looking for a replacement for biting their hands, wrists or arms.

What is it called? Zipper Bracelet
What does it do? A wearable zipper that people can fidget with for tactile and auditory stimming.

What is it called? Lava Lamp
What does it do? The lava lamp is a great visual toy, that can aid relaxation.

What is it called? Light
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Still got a question about Autism you would love to know the answer to? Tweet @AsIAmIreland and we will do our best to answer any sincere questions we receive.

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