



ELEANOR W. GRAHAM MIDDLE SCHOOL

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EWG Multi-Sensory Environment

Welcome to Eleanor W. Graham Middle School's Multi-Sensory Environment. We are pleased to be able to offer this environment to children in our community. It is important to recognize that the equipment in this room is expensive, and children using the room need to be under adult supervision at all times.

Following are guidelines to keep in mind when preparing your student and yourself to experience the Multi-Sensory Environment:

Prepare Yourself: The first step in using the multi-sensory room is to become familiar and comfortable with the room and equipment. If you feel anything other than calm when introducing the room to a student, take a few deep breaths and relax. You are an integral part in creating the environment. Speak calmly.

Research: Be sure to find out as much as you can about the student using the room, such as likes and dislikes.

Prepare the room: Make sure the room is clean and tidy. Make sure the lights are off and a maximum of three major pieces of equipment are supplying light to the room.

Prepare the Student: Ensure that the student is willing to use the room. Describe the room in terms they will understand (ie the relaxing room, the bubble room). Take the student to the bathroom or remind them to go. Make sure they are comfortably dressed. Let the student know they can leave the room at their request at any time.

Go Slow: Enter the room and watch the student's reaction. Introduce sensory experiences slowly. Allow the student to set the pace. Introduce one stimulus at a time. Once the student is familiar with all the equipment, allow them to choose which stimulus they want to use during their visit. Remember, the student should be in control of their own environment.

Observe: Watch your student closely for signs of comfort or discomfort, pleasure or displeasure. Paying close attention to your student's reactions creates trust. If your student shows discomfort, turn off the equipment that is causing the reaction.

Be Present: Never leave the student unattended in the room and be "with" the student.

Respect: The power of silence is underestimated. Let the student guide conversations and avoid unnecessary chatter. Do not invade the student's space or touch them. Remember, this is their opportunity to control the experience.

Tailor: Create the environment that best matches the student's behaviour and needs.

Ask: Ask if the student likes the room or if they like certain stimuli. Remember to let the student be the guide. It is alright to ask questions, but stop if you feel the questions are intrusive.

Limit: Use a maximum of three primary stimuli. Introduce secondary stimuli as needed. Primary tools are to set the stage and are the center focus.

Relax and Enjoy: The experience also benefits you. Is your heart rate and breathing slower? How do you feel? Do you feel more connected with the student?

Close: Close the multi-sensory experience slowly. Tell the student that the session is over. Turn one piece of equipment off at a time.

Reflect and Document: Reflect on what went well and what didn't. Use the binder provided in the multi-sensory room to document the time spent in the room and the student's reaction. Be sure to record smiles, laughter, decreased agitation, or negative reactions.

Some Rules for EWG's Multi-Sensory Environment:

1. Be sure to check in at the office and let a staff member know that you are going to use the Multi-Sensory Environment and an approximate amount of time.
2. A student should only use the Multi-Sensory Environment when they are still in control of their behaviour. A student who is aggressive, should not be brought into the room.
3. Remove footwear before entering the room.
4. Students should never be left alone in the Multi-Sensory Environment.
5. No food or drink in EWG's Multi-Sensory Environment.

6. Cell phones or electronic devices are not permitted in the Multi-Sensory Environment.
7. A maximum of two students can use the room at any given time.
8. A maximum of three primary tools in use at one time.
9. Priority for use of the room will always be given to the client that has the greatest need.
10. The maximum amount of time for a client to be in the Multi-Sensory room is 30 minutes.
11. Leave the room tidy and clean. Put all equipment back, and report to the main office if any of the equipment is not working properly.

Thank you for following and respecting our rules and procedures.

To make an appointment for a student visit, please contact Kim Robichaud at EWG, phone 523-7975 or the school office at 523-7970, or by email Kim.Robichaud@nbed.nb.ca