MY SENSORY-SAFE STUDY SPACE

A colourful, practical planner for creating a homework area that feels comfortable, predictable and supportive.

Remember: There is no single perfect study space. Start with the learner's preferences, notice what helps, and make small changes together.

1. THE STUDY-SPACE CHECKLIST

LIGHTING

- ■ Can the learner work comfortably with the available light?
- ■ Can harsh glare or flickering lights be reduced?
- ■ Is a softer lamp or natural light helpful?

SOUND

- ■ Is the area away from television, busy walkways or loud appliances?
- ■ Would quiet, ear defenders or soft background sound help?
- ■ Is there a simple way to ask for less noise?

VISUAL CLUTTER

- ■ Is the work surface clear except for the items needed now?
- ■ Are supplies stored in labelled boxes, drawers or trays?
- ■ Can distracting screens, posters or moving objects be reduced?

SEATING & BODY COMFORT

- ■ Can the learner sit, stand or change position comfortably?
- ■ Are feet supported where needed?
- ■ Is there room for safe movement or a brief stretch break?

Our first small change will be: _____

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2. PERSONALISE THE SPACE

Use this page to notice what the learner finds comfortable. Offer choices and respect communication, including gestures, visuals or assistive communication.

WHAT HELPS ME FEEL READY TO LEARN?

LIGHT

■ Bright ■ Soft ■ Natural
■ Other: _____

SOUND

■ Quiet ■ Ear defenders
■ Gentle sound ■ Other: _____

SEATING

■ Chair ■ Floor cushion
■ Standing ■ Movement option

WORK AREA

■ Desk ■ Small table
■ Lap tray ■ Other: _____

MY STUDY-SPACE PLAN

Where will I work?	_____
What should stay nearby?	_____
What can be put away?	_____
What helps me take a break?	_____
How will I show I need help?	_____

My early signs that I need a pause might be:

_____

_____

My preferred break: ■ Stretch ■ Walk ■ Quiet time ■ Water ■ Other: _____

Sensory tools should be optional and individually helpful. Never force headphones, weighted items or movement tools; check comfort and safety.

AutismRoutineHub.com • Notice, adjust, and review together

3. A PREDICTABLE HOMEWORK ROUTINE

A simple sequence can reduce uncertainty. Adjust the steps, timing and amount of work to match the learner's age, needs and energy.

MY HOMEWORK FLOW

1	**GET READY** Choose my study spot. Gather only what I need.
2	**CHECK THE PLAN** Look at my visual list. Choose the first task.
3	**WORK IN A SMALL CHUNK** Complete one manageable step. Ask for help if needed.
4	**TAKE A BREAK** Pause, move, stretch or have quiet time.
5	**FINISH & RESET** Tick off what I did. Put materials away. Celebrate effort.

TODAY'S MINI PLAN

First task	_____
Next task	_____
Break choice	_____
Finished when…	_____

Caregiver reminder
The goal is access and comfort, not perfect stillness or a perfectly tidy desk. Some learners focus better while standing, moving, fidgeting safely or working in short bursts. Praise effort, offer meaningful choices and reduce the task when the learner is overwhelmed.

This planner is an educational resource, not a clinical assessment. Adapt it to the individual and seek professional advice for specific safety, posture or sensory needs.

More practical autism resources: AutismRoutineHub.com