

Project Title - The Sensory Spot

Description: Sensory walks have long provided elementary students an opportunity to destress, de-escalate and get their wiggles out throughout the day. Yet, there is limited information on the impact of sensory walks for older students. Providing 6-8 grade students the same opportunity to destress, de-escalate, and refocus their energy when classroom interventions have not worked is imperative in creating an optimal learning environment for all.

How will this project allow you to impact innovation in education beyond their current expertise? By providing a sensory walk full of opportunities for movement and sensory exploration to students that may be escalated, stressed, or experiencing high levels of anxiety, we are teaching students to increase their self-regulation capabilities. Students will have a safe place away from peers and distractions to safely calm down and learn about self-regulation. Students who are able to self-regulate within the classroom will spend more time in the learning environment.

Describe the impact on culture. Our school has a high transient population and roughly 25% of students are new to the building every year. Many of our students have high rates of trauma which may impact their ability to manage emotions. Allowing students to explore and express these emotions away from peers while also cultivating relationships within the counseling center will create a positive impact that can be felt throughout the school.

What are the specific goals? 1. To increase opportunities for movement when other classroom interventions are not working. 2. To increase students' ability to self-regulate through the use of sensory techniques.

How will you measure success of this project? Quantitative: Students will rate their stress level on a scale of 1-5 both at the start and end of the sensory walk, which will allow us to analyze the effectiveness of the sensory walk both on individual students and through the use of cohort data (grades 6,7,8). Qualitative data will include students self-report as well as teacher observations in the classroom.

How long will it take to implement? Implementation of the sensory walk can be completed quickly!

How many students impacted on an annual basis: This has the potential to impact our entire student population (540 students) multiple times over!