



Jewish
Learning
Venture®

SENSORY FRIENDLY PURIM

With Purim coming, we wanted to share resources and ideas to help you create a more accessible, inclusive community!

Who: Children and adults who experience sensory sensitivity may feel overwhelmed in loud, busy, crowded environments.

What: A quiet/calming room can be any space where people can go for 'chilling out' time. You may want to put some quiet books, puzzles, and coloring supplies in the room. Some people calm down in comfy chairs and pillows.

Where: You could use a classroom or any easily accessible room. Be sure that the quiet room location is announced at registration and that there is a sign to indicate where it is. Advertise that you'll have a quiet room available in your materials about your carnival or other program.

Why: At least 1 in 20 people is impacted by sensory processing difficulties. Sometimes young children also just need a place to take a break. Designating a quiet space is an easy way to make your program more inclusive!

When: While we suggest creating a quiet room for your Purim carnival, you could also designate a space that families know is available during Shabbat and other synagogue programming.

Questions? Need resources, support or training? We're here for you! Reach Gabrielle Kaplan-Mayer at 215-320-0376 or gkaplan-mayer@jewishlearningventure.org

SENSORY ROOM IDEAS



Books



Coloring



Noise Canceling
Headphones



Fidgets



Gentle lighting



Bean bag chairs