



Creating Sensory Safe Spaces



@aperion_training

www.aperiontraining.co.uk



@aperion_training



Trust

Connection

Belonging

Emotional Safety

SAFE SPACES AND WELLBEING

TRUST

To feel heard

To be known

To feel understood

To feel validated

To feel safe



CONNECTION

To support regulation

To feel validation

To feel safe

To growth

To feel support



BELONGING

‘Because the opposite of belonging is fitting in’

Brene Brown



APERION
SEND TRAINING AND
CONSULTANCY

EMOTIONAL SAFETY

In the environment

With others

During transitions

Within the routine





Triggers

Expectations and demands

Crowded spaces

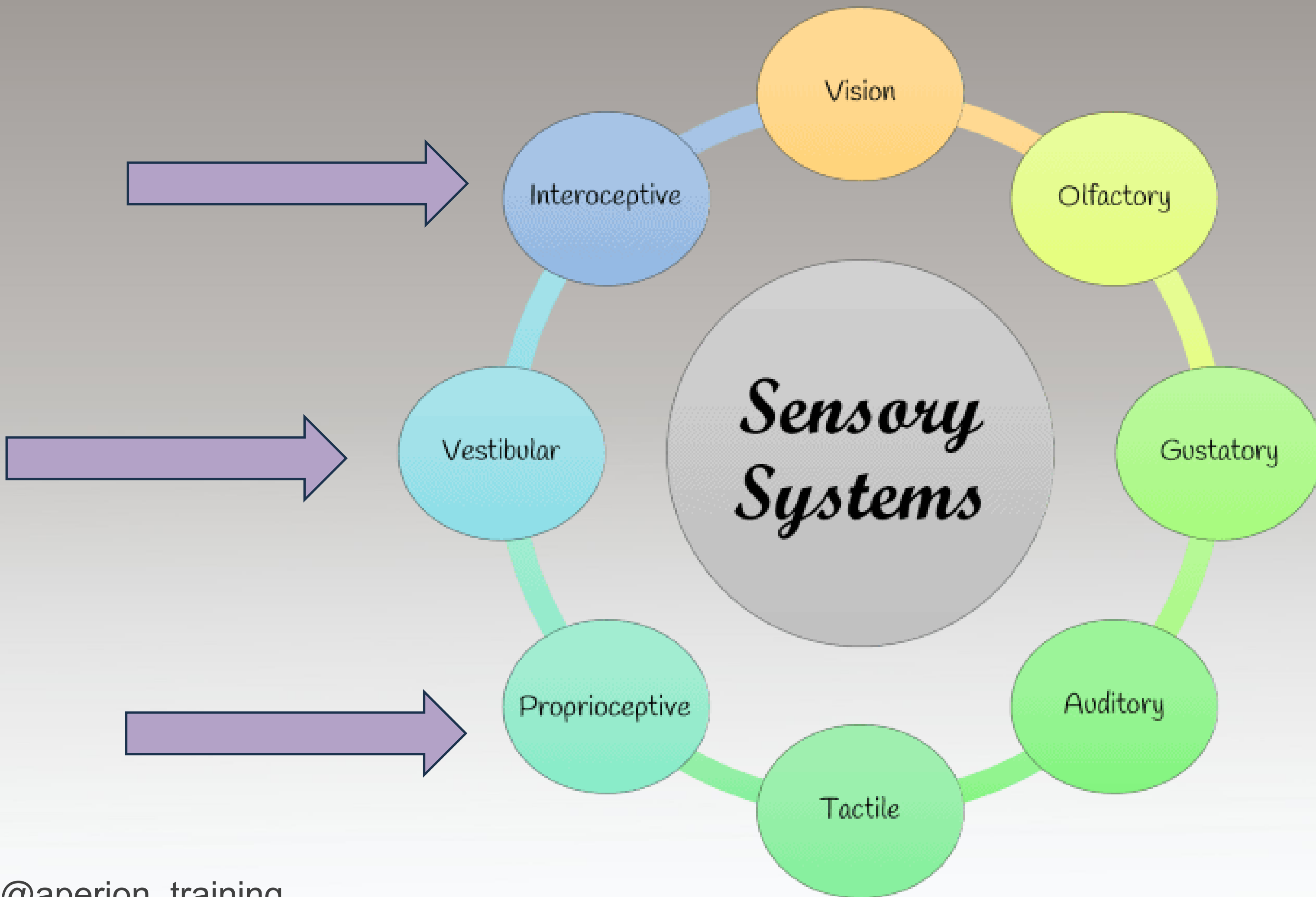
Change of routine

Unpredictability

Inflexibility

Sensory overwhelm from the
environment

Sensory needs not being understood or
met





APERION
SEND TRAINING AND
CONSULTANCY



All
behaviour is
information

Instead of trying to
eliminate behaviors,
we should strive to
understand them for
the rich information
they offer about how
our child
experiences and
takes in the world.

*Dr. Mona
Delahooke*

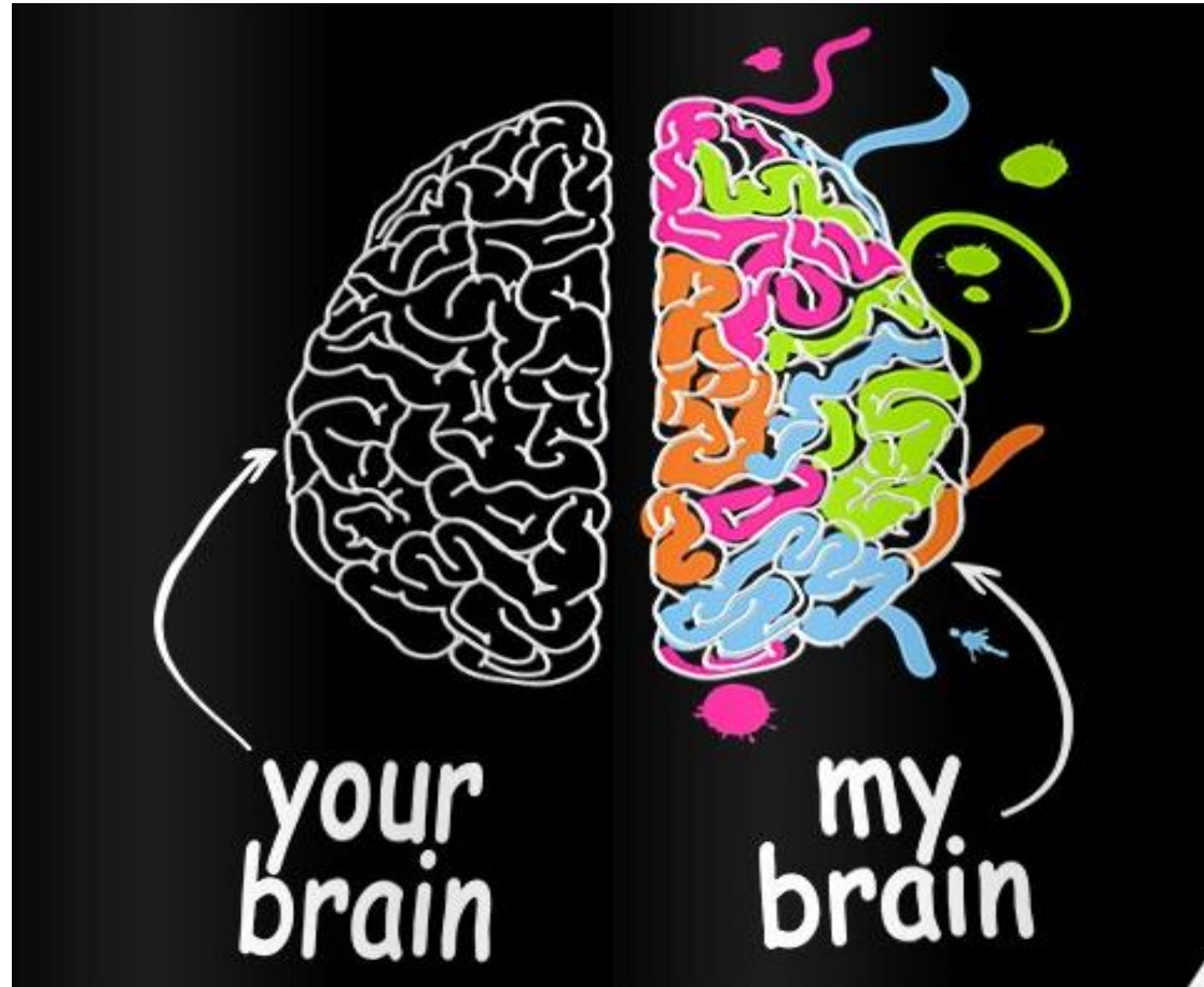
Our environment

Be sensory aware

What stimulus are you adding
to the space?


Smells
Sounds
Touch
Taste
Visuals





When the world just
doesn't make any
sense!

aperion_training ▾



296 Posts 1,100 Followers 1,408 Following

Cheryl Warren | Early Years Neurodiversity Trainer & Consultant

📍 58,774,956


🏆 Award-Winning Training & Consultancy for Early Years & Primary
 🏆 Neurodivergence in Education
 🏆 Autism & Inclusion Advocate... more

🔗 linktr.ee/aperiontraining and 1 other

Professional dashboard
1.6K accounts reached in the last 30 days.

Edit profile Share profile

Inspo Services About Me Blogs What oth




Get in touch!

@aperion_training

cheryl@aperiontraining.co.uk

www.aperiontraining.co.uk



Award Winning Specialist Training & Consultancy in Neurodiversity within Early Years

📞 ✉️ 📘 📷 💬

NOT YOUR TYPICAL PODCAST



With Cheryl Warren & guests

Talking all things neurodiversity in early years