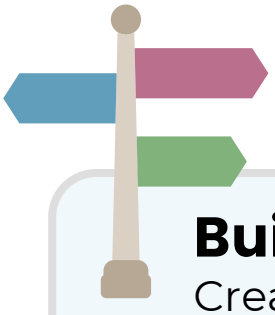
Sensory Solutions™

Implementation Roadmap



This roadmap is your customizable guide to school- or district-wide implementation of the Sensory Solutions™ Toolkit. Follow the action steps and pro tips, adjusting as needed for your unique school community.



Before you begin...

Build a Sensational Leadership Team

Create a core group of champions to guide implementation, build buy-in, and support staff.

Action Steps

- Include diverse roles from your building, such as teachers, counselors, administrators, and paraprofessionals. At the district level, this might include Student Services, Teaching & Learning Support Staff, SEL/Behavior Directors, etc.
- Provide the team with an overview of the Sensory Solutions™ Toolkit and a copy of this roadmap.
- Define responsibilities for the road ahead and schedule regular meetings / project check-ins.

Pro Tip: Start small and scale up. Focus initial efforts on one school or grade level to test strategies and build momentum.

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1: Sensory Essentials for Educators

Equip staff with practical knowledge about sensory needs and their impact on learning and behavior.

Action Steps

- Host a professional development session on sensory systems using elements provided in **Section 1: Sensory Essentials for Educators**.
- Share **A Teacher's Guide to Proprioception** and/or **Creating a More Sensory Friendly School** and brainstorm practical classroom applications and next steps.
- Encourage collaboration by providing time for teams to plan how to use the toolkit in their specific settings.

Pro Tip

Keep using the language provided at staff meetings and other touch points. Encourage follow-through on staff attempts at integration by having them bring their written reflections from initial trainings to team meetings throughout the year.

2: Teach Students About Their Senses

Help students understand their sensory systems to foster self-awareness and practice self-regulation.

Action Steps

- Determine who will be responsible for teaching initial lessons to students (i.e. counselor, classroom teacher, and/or SEL staff).
- Use mini-lessons from **Section 2: Understanding My Senses** to introduce students to their senses. Note that approximate grade levels are provided pairing the book and characters from ***Riley the Brave's Sensational Senses*** with younger students and ***Your Amazing Brain*** with older students. Use what works for your kids!
- Adapt lessons to meet developmental and individual needs. Use playfulness, curiosity, and hands-on exploration to engage students.

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Pro Tip
Keep building on what you and your students have learned. Incorporate proprioception-rich activities and **Grounding Helpers** strategies into your school's routines



3: Build Bridges with Families

Strengthen home-school communication and collaboration to ensure well-rounded support for students' sensory needs.

Action Steps

- Share **Better Together** resources with families to educate them on sensory systems.
- Host workshops or parent nights to share videos for caregivers, demonstrate toolkit strategies, and offer take-home tips.
- Provide regular updates through newsletters or meetings to highlight progress and successes.

Pro Tip
Highlight small wins—like a calmer classroom or academic growth—and share success stories widely (protecting student privacy, of course).



4: Expand Your Staff's Regulation Know-How

Teach, practice, and reinforce strategies that proactively support regulation and de-escalate moments of sensory or emotional dysregulation.

Remember...REGULATED does not mean CALM

Self-regulation is the ability to manage emotions and behavior in accordance with the demands of a situation.

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Action Steps

- Use **A Guide to Effective Regulation Spaces** to evaluate and enhance existing regulation spaces in classrooms and other areas.
- Provide training on **Section 4: Regulation Spaces**. Remember, a dedicated sensory room isn't required—small, intentional adjustments can go a long way.
- If you haven't already, integrate **Your Amazing ABC's for Wise Choices** and visual tools like the **Countdown to Calm poster** as quick references during transitions or moments of high stress.

Pro Tip
Empower staff to share what's working in their classrooms during team meetings and troubleshoot as needed. These real-life stories inspire others to try new things and normalize the bumpy process of change.



5: Build Tiered Supports with Toolkit Resources and Activities

Use **Section 5: Sensational Resources and Activities** to expand the support offered across all 3 MTSS tiers.

Action Steps

- Incorporate activities like **Restore the Core Printable Activity Cards** and **Let's Reflect** into daily routines for Tier 1 (universal) support.
- Use additional activities for small groups or students requiring more support. Many can be utilized as a way to bring proactive, strengths-based language into meetings with parents/caregivers.
- When possible, collaborate with specialized staff to implement intensive Tier 3 supports using tools like **My Sensational Plan** and the **Overwhelm Prep Plan**.

Pro Tip
Foster collaboration by creating a buddy system where staff pair up to share ideas, support one another, and troubleshoot challenges. Incorporate student feedback on sensory tools and regulation spaces to ensure activities are engaging and effective.

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6: Troubleshoot, Refine & Expand

Evaluate the implementation process, address challenges, and explore ways to sustain and scale success.

Action Steps

- Collect feedback from staff, students, and families to assess the effectiveness of sensory strategies. Use tools like surveys or observation forms provided in the toolkit.
- Use data to identify gaps in implementation and offer follow-up training, coaching, or team discussions to address challenges.
- Conduct classroom walkthroughs or peer observations to gather insights and provide targeted support.
- Plan for sustainability by integrating sensory practices into existing school initiatives and building them into professional development schedules.

Pro Tip

Recognize your team's creativity, resilience, and commitment to supporting students, and keep looking for new opportunities to grow and innovate together. By focusing on small, meaningful shifts, you will begin to create lasting change.

Looking for Additional Support?

We're here to help you amplify the impact of the Sensory Solutions™ Toolkit in your school community.

For additional consultation, professional development, or troubleshooting guidance, connect with the BraveBrains team!

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